



Reflective Practice Professional Learning

Course Information – June 2026

Introduction

The Reflective Practice professional learning course is for anyone working in CLD who is interested in finding out more about 'Reflective Practice'.

Course Aims

1. To help participants understand how 'Reflective Practice' can help them in their professional work.
2. To try out some practical techniques of 'Reflective Practice'.

Learning Outcomes

By the end of the course, participants should be able to

1. Appreciate the need for and benefit of reflection in professional practice.
2. Explain the main features of Reflective Practice.
3. Use three different practical techniques of reflection.

About the Course

Participants will access the course online (Moodle platform) where all the course materials are located. Most of the course can be done in their own time, at their own pace, but there will also be 4 online workshops to take part in. The workshops will focus on the practical reflection techniques so participants can try them out and share their experiences with fellow participants.

The course is made up of 10 sections/modules.

1 Introduction	6 Reflective Methods and Techniques - individual
2 What is Reflective Practice	7 Reflective Methods and Techniques - paired
3 Reflective Practice and Critical Reflection	8 Group Tools and Techniques – Reflective Circles
4 Reasons to reflect and Barriers	9 Working with others’ Reflective Practice
5 Professional requirements	10 Conclusions and evaluation

How are the sections structured?

After each of the 4 online sessions, participants will follow up with activities from the online materials; this is done whenever suits them.

In each section there is a mix of different material:

- Reading material – which might be in Word documents or PowerPoint Slides – will explain the important ideas participants need to know
- Short videos – will back up the written material
- Activities – will give participants the opportunity to test their understanding or try out some of the Reflective techniques
- Quizzes – Multiple Choice Quizzes will test their understanding
- Forum posts – share their thoughts with fellow participants

What support will be available?

Throughout the course, participants will be supported by course tutors. They will also benefit from support from each other!

Course Tutors

The course will be delivered by: Dr Rob Bray, Graham Maclellan and Kirsty Gemmell.

How is the course assessed?

There is no formal assessment on this course – but participants can assess their own progress and, of course, there are lots of opportunities to reflect on what they are doing. There is a progress bar to allow them to monitor their learning.

At the end of the course, participants will receive a Digital Badge on completion of the following:

Module	Assignments required for award of Digital Badge
2 What is Reflective Practice	Quiz
4 Reasons and Barriers	Quiz
6 Reflective Methods and Techniques - individual	Add discussion forum comments
7 Reflective Methods and Techniques - paired	Add discussion forum comments
8 Reflective Methods and Techniques - group	Add discussion forum comments
10 Conclusions and evaluation	Reflections

Course Delivery

The course will be delivered over 8 weeks between August – October 2026. There will be 2 course cohorts for participants to choose from (see Participant Commitment section for more detail). Each participant should choose a Primary Cohort and attend those workshop dates. However, to be as flexible as possible and account for participants' CLD delivery commitments, if they are unable to attend a workshop in their primary cohort, they may join the alternative cohort for that session.

All workshops will take place on MS Teams.

Participants will have access to the online materials from Monday 24 August 2026 and should have completed all activities by Friday 30 October 2026.

Participant Commitment

The course takes approximately 20 hours to complete. Members of CLD Standards Council can count this towards their annual professional learning requirement.

Group A	Group B
Start date – 24 August 2026	Start date – 24 August 2026
Workshop 1 Wednesday 26 August 1-3pm	Workshop 1 Thursday 27 August 6-8pm
Workshop 2 Wednesday 9 September 1-3pm	Workshop 2 Thursday 10 September 6-8pm
Workshop 3	Workshop 3

Wednesday 23 September 1-3pm	Thursday 24 September 6-8pm
Workshop 4 Wednesday 7 October 1-3pm	Workshop 4 Thursday 8 October 6-8pm
End date – 30 October 2026	End date – 30 October 2026

Costs

Each course will have a minimum of 10 and maximum of 20 participants. Fees for each participant will be funded by the CLD Standards Council professional learning grant distributed to the CLD Professional Learning Networks.

How to register

Anyone interesting in participating should complete this short [MS Form](#) by **Friday 31 July 2026**.

Feedback from previous participants

“The RP course has helped me to be more patient and recognise that there is a lot of activity going on behind the scenes which we were not aware of. Taking the time to get things right has enabled structures to be put in place that will ensure the services will deliver more effectively on the CLD Plan.”

“This course has also helped me see patterns of behaviour that haven't served me well over the years and how I can improve my future.”

“Doing the RP course has helped me to reflect on how the process of journaling, documenting and communicating information in an engaging and timely way can be transformational in changing the way I think about myself and my practice. It has helped me to think more critically about what I am learning and to identify the value that I can add through my changing role.”