**Reflection Tool**

The purpose of the reflection tool is for you, as a Social Prescribing Link Worker (SPLW), to reflect on your practice. This could be to reflect on patient facing work or on any other areas of your work such as group work or managing relationships with wider colleagues or stakeholders. This has been developed to carry out on your own and wouldn’t need to be submitted but, may be helpful to record and store.

The reflection tool can be adapted to work with a peer, a group or with a supervisor but there may be other peer supervision available locally.

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| Think carefully about your experience of your case or interaction. Briefly describe the situation: |
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| How did this make you feel?  |
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What did you do in the above situation and why did you do it?

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| What went well and why?  | What did not go well and why? | What would you do differently if you were in a similar situation? |
|  |  |  |

Name;

Date: