

Element 4: Professional Practice

Activity H: Supporting change

Reflecting on practice often leads practitioners to identify areas for positive change. However, change can be a difficult process. Activity H will support you to reflect on your experience of change, and identify supports you may need throughout this process.

Try to complete this activity alone before reviewing with your team or manager, or complete it with the support of a mentor.

**Think of a time in your life when you had to go through a big change or upheaval,
or a time when you had to learn something new.**

What did it feel like?

Who supported you through this?

What was the outcome?

After-activity notes

Times of change are difficult and practitioners often need support when learning a new skill or doing something outside of their everyday practice. Practitioners need time and motivation to make changes to their practice, and where applicable, the support of the rest of the team. Leaders can ensure positive change by involving those affected by the change (practitioners, parents and children) in the process of reflecting on practice, identifying areas where change is required and writing and implementing action plans.