

The benefits of critical reflection

We all know about critical reflection and sometimes it can feel like just another thing that has to happen which means the benefits of critical reflection aren't being valued. Here are some of those benefits....



Connecting to the requirements

When you critically reflect as part of your decision making one of these steps should be to look up what the requirements say to find out if this decision will impact your compliance or best practice within the NQF. If you do this consistently you get to know the NQF well and feel confident in your practices.



Advocating for the children

Another step of your critical reflection approach should be how your decisions impact the children. When you reflect on this it is important that every child has someone to speak up on their behalf so these decisions don't negatively impact any child within the service.



Not adding to your workload unnecessarily

If you don't reflect on decisions inside the service you can unknowingly be adding items to your workload that aren't a requirements, and don't align with your philosophy, or meet the needs of your stakeholders, or align with your abilities. These may come from training, networking, websites, social media.



Shifting the organisational culture

If you do not do a lot of critical reflection inside your service chances are there are a few key people who make all the decisions and noone else is allowed a voice. This can lead to a toxic culture and ongoing issues. Shifting to a more collaborative and reflective approach can shift the culture to a positive one.



Demonstrating exceeding level practice

Exceeding theme 2 is about critical reflection, and it should be present in all aspects of the service and guiding all decisions. Don't forget you need evidence of your reflective practice so build this into your systems to demonstrate this to others during A&R.