LIFESTYLE COACHING

Session 2: Reflection
By the end of the session you would have...

• An understanding of what reflection is and why it is used

• Reflected upon the changes you set out to make

• An understanding of a GROWTH mindset
Reflection

“We do not learn from experience... We learn from reflecting on experience”

John Dewey

• Reflection is a way of learning from your experiences -called experiential learning

• Results in learning or a change of behaviour

• Used as a motivational strategy to encourage a focus on the positive consequences of behaviour change

• Considered a volitional strategy to self-regulate behaviour

• Process of looking at the consequences of your actions
Kolb’s (1984) experiential learning cycle:

Experience
• Going for gym sessions after work

Reflection
• What happened at these gym sessions? How did you feel? What thoughts did you have?

Generalisation
• What did you learn about yourself when you decided to go to the gym?

Application
• What would change about the experience of going to gym after work?
Experience

• What did you set out to do or change?

• Why did you decide to make a change to your lifestyle?

• What were your goals?
Reflection

• What happened?

• Which actions did you pursue to reach your goals? – discuss the “when/where/how” of these actions

• Did you believe that you could reach your goals?

• What barriers did you experience in reaching your goals?

• How did you deal with these barriers?
Generalisation

• What did you learn from your experience about yourself, your actions and others?

• What skills and strengths did you use to pursue your goal?

• What weaknesses did you identify in pursuing your goal that you can turn into strengths?

• Did recording your progress help you in pursuing your goal?
Application

• What will you do differently next time?

• What advice do you have for someone who wants to pursue a similar goal?

• What is your next goal to establish and maintain a healthy lifestyle...?

• Use the reflection sheet as a means to keep up with your progress!
Mindset

Adopt a GROWTH mindset when setting goals:

• Embrace challenges
• Persist when faced with obstacles
• Value effort as the path to success
• Use criticism as a learning experience to motivate you
• Learn from the successes of others and YOUR OWN successes!!
Self coaching

• Session 1 – Provides the structure towards the establishment and maintenance of a healthy lifestyle

• Session 2- Introduces reflection as a means to monitor and motivate you towards an optimal healthy lifestyle

• Use Session 1 when setting new goals and Session 2 to reflect on these experiences to bring about learning and change!

• Sessions 1 and 2 encapsulate the Movo intervention program – READY TO USE
References

Dewey, J. 1933. *How We Think*. Boston, DC Heath


