

KaziHealth



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



Reflective process

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

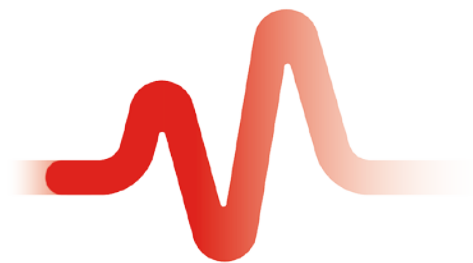
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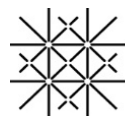
Thank You



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NELSON MANDELA
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UNIVERSITY OF BASEL
Department of Sport, Exercise and Health

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