

'TREE OF LIFE' REFLECTIVE PRACTICE

INFORMATION FOR STAFF/GROUP MEMBERS

School In-Reach Service have adapted the Tree of Life as a reflective practice model, to support education staff. The group provides an opportunity for members to reflect on their individual and collective professional experiences. This includes exploring what drives their practice and their team values.

The 'Tree of Life' encourages individuals and staff groups to recognise their own professional strengths and abilities, acknowledge their hopes and wishes and reflect on some of the challenges within their role.

KEY INFORMATION

- 4 x 1 hour reflective sessions for those attending, plus one follow-up session
- 6-12 invited group members
- 2 facilitators from School In-Reach Service
- Room arranged at school
- Time and dates agreed between school and School In-Reach
- Participants receive a certificate of attendance

OVERVIEW OF SESSIONS

Session 1

Introduction and overview of sessions, hopes and concerns, and introduction to the tree metaphor.

Session 2

Creating and reflecting on individual professional Tree of Life.

Session 3

Creating and reflecting on group/team Tree of Life.

Session 4

Building on team Tree of Life, reflecting on the group, and looking forward.

Future follow up session

Revisit, reflect and review.



For more information on
Tree of Life:
The Tree of Life - The
Dulwich Centre

Contact us: schoolinreach.cav@wales.nhs.uk