

## What Do You Take Home With You?

Gardeners go home with dirt under their nails, decorators go home with paint in their hair, and car mechanics go home with oil on their hands. What about you? What do you carry home with you after a day at work?



### What is Values Based Reflective Practice (VBRP®)?

Values Based Reflective Practice is a structured method, which provides an intentional way of reflecting on past practice, in the present, in order to improve practice in the future. It provides a language and tools to support reflection.

Reflective practice can enable you to move from a place of **habit** (always doing what you have always done) into a place of **wisdom** (responding creatively and sensitively to each individual situation).

The VBRP® model encourages us to explore our values, attitudes and behaviours.

VBRP® creates a space to:

- Step back from your busy day to day work and draw breath
- Focus on what is important in the midst of what feels immediate and urgent
- Take stock of the impact the work has on you personally
- Review your practice and adapt it

VBRP® can be practiced both individually and in a group facilitated by a qualified VBRP® facilitator.

VBRP® in a group has the added benefit of allowing you to connect with others in a safe, meaningful and structured way and a chance to learn from other people's reflections on their own practice and hear other people's perceptions.

### What does it do?

By supporting you to become more reflective, VBRP® will help you to:

- Manage your own wellbeing
- Provide the service that you came into the job to provide
- Enhance the experience of the people whose lives you touch

Regular reflective practice will help you to ensure that your actions and day-to-day work practices are in harmony with both your personal beliefs and values, and those enshrined in your work role.

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