

## **Reflective practice guide**

First, a definition of “reflective practice”.

*Reflective practice is, in its simplest form, thinking about or reflecting on what you do. It is closely linked to the concept of learning from experience, in that you think about what you did, and what happened, and decide from that what you would do differently next time.*

To start with your "reflective practice" we invite you to answer a set of questions in a very open way. The primary goal is to engage critically with your own practice, keeping in line with the general approach of the course. The questions we propose will help you and the other participants to better make comparisons, share results in a more structured form and to reflect on the work as a whole.

The following questions have the aim to:

- spark reflective practice on a specific choral activity session;
- spark reflective practice over a number of sessions (within a choral project);
- serve as a guide to observe and comment on other people's sessions
- help you focus on different aspects linked with the role of facilitator/conductor within “choral activities, with the aim of improving social communication and developing resilience” (see our "topics" for more on this).

### **1 How suitable were the song and the activities proposed for this group?**

*Do you think it was good “material”?*

*What about the use you made of it?*

### **2 Did the attendees enjoy the activity?**

*Why?*

*How did you make sure they could engage with it?*

### **3 What do you think about the way you led these activities? Think particularly about:**

- *Your verbal explanations*
- *Body language, for instance hand gestures, eye movements etc.*

### **4 How did you/the facilitator (conductor) make sure attendees felt free to contribute to the session?**

*In what way did they contribute?*

*Anything else on participation?*

### **5 What use did you / the facilitator (conductor) make of the space available to you?**

### **6 How did you (the conductor) adapt your musical skills to this specific contest?**

### **7 How did you feel while leading this session?**

*What do you think you (the conductor) could do better?*

**Other comments and observations.**