
Reflective Work Discussions



These will be facilitated, supportive spaces to reflect on the strengths, challenges, and learning from being part of a therapeutic workforce in the education community.

We provide an initial meeting, a pre-session, and six reflective sessions on a monthly basis.

Reflective Work Discussions provide a reciprocal environment to help to structure thoughts and connect colleagues in a safe, confidential space.

This is an opportunity to explore your experiences of, and feelings about, the relationships that you have as well as the impact of these on your wellbeing and capacity to provide support to children and young people.

This offer is currently available to individual schools and wider education settings, specifically for those working in a pastoral team, therapeutic roles and/or similar contexts.

The offer

Initial meeting: Barnardo's Education Community to establish contact with a key person involved in the team (*i.e. Pastoral Lead, DSL, Mental Health/Wellbeing Lead, SENDCo*) and discuss practicalities of the sessions.

Pre-session with the whole group/team: to introduce the concept of reflective practice, ground rules, meeting arrangements, aims and objectives. The group would complete a working agreement and discuss confidentiality.

Reflective sessions: closed groups, 1.5-hour sessions via Zoom.

Final session: there will be time allocated to gather live feedback.

If your school/setting is interested, please contact Barnardo's Education Community to discuss further: BECommunity@barnardos.org.uk

