

Developing Reflection on Action to Increase your 'Arena'

DATE OF EVENT:

DATE OF REFLECTION:

	KNOWN TO SELF	NOT KNOWN TO SELF
KNOWN TO OTHERS	1. Arena	2. Blind spot
NOT KNOWN TO OTHERS	2. Façade	4. Unknown

With the Johari window, the overall goal is to increase the size of quadrant 1: Arena: Information which rests in the Arena is both known to yourself and to others, and so is available for discussion. Logically, the bigger the Arena the more data you have to work with and the more masterful you become in both your reflective practice and teaming with others.

Instructions: Consider all these questions in whatever order suits you. Answer those that are relevant and support your learning. You may also want to share your observations with a peer or professional coach to extend your reflections and learning.

What was the event?

What was I expecting to happen?

What actually happened?

What have I learned?

What is significant about this learning for me?

How will this learning change how I do things?

What were my feelings about what happened?

What went well?

What would you do differently next time?

What were the feelings of the other(s) involved, either known or imagined?

What evidence supports and/or conflicts with my feelings?

How will I apply what I've experienced and learned? How does this increase my 'Arena'?

Reference

Source: Turner, T. (2004). Republished Turner, T., Lucas, M. and Whitaker, C. (Peer Supervision in Coaching and Mentoring: A Versatile Guide to Reflective Practice, 2018)
Appendix 2.1: Reflective Practice Form adapted from Williams, J. and Cowley, P. (2004)
Available through: <https://turnerinternational.live/reflective-practice-form>