

# How to use this resource

## Reflection Cards

Reflective practice is about thinking differently about our work, how we approach things, what biases we use in our understanding of situations and experimenting with new ways of thinking. Reflective practice is essential to professional development and the delivery of good, relevant and responsive support services. This resource is here to help workers, team leaders and managers to engage in reflective practice easily and efficiently.

There are no right or wrong answers to the questions on these cards. They are designed to stir up conversation, encourage us to think differently and to question things we normally take for granted. Some questions may seem more relevant to the story you are using than others. All the questions are able to be used with any story, however based on your own interpretation of any given story, you may perceive some questions differently. We ask you to have an open mind, accepting that someone else might have completely different answers to you and that's ok.

This resource is designed to be a companion to the stories. The stories were born from the empathy interviews conducted with people accessing services and people working in support roles within the community. While the stories can provide a wonderful example of real experiences, you can also use your own stories and experiences.

In developing the questions for these cards, we used both the themes of Live Different, Think Different and Be Different as well as the "how might we" questions that came from the stories.

We recommend you use these cards in a small group. Together, read a story or share a deidentified story from your own experiences, then each person choose one reflection card. Take it in turns to ask the question on your card and discuss with the group. Choosing a card can be as simple as picking a random card from the pack or reading through a few cards and choosing the one you like best.

### Printing

Once this resource has been tested and tried and perfected, we will print them professionally on double sided card. However as this is a Test and Try version of the resource we need you to print them and do just a little bit of cutting and folding

This resource has been saved and uploaded as a powerPoint document. When printing simply select "handouts" from your printer settings and choose 4 slides per page.

Make sure it is **not** double sided

This will give you the front and back of 2 cards per page.

When it has been printed you can cut the page in half making sure use the numbering system on the slides to line up the front and back of each card.

You can then fold over to make a double sided card.

### PLEASE TEST and TRY this resource:

Remember this document is part of the TEST and TRY phase of a human centred design process. The idea behind publishing an unfinished version of this resource is so that people can try it out, see if it is useful and provide us with feedback about how to make it better.

Maybe you used this in a totally different way? Got ideas for other resources? We want to hear from you as this will ensure that by the end of the Mind-Life project, we have a suite of resources developed with the people, for the people.

Please share your experiences of using this resource.  
Contact Gill Townsend at Bridges [gillianT@bas.org.au](mailto:gillianT@bas.org.au)

mind-life<sup>TM</sup>  
LIVE DIFFERENT, THINK DIFFERENT, BE DIFFERENT