

Learning Link Scotland –  
Committed to Working Together



# The Value of Reflection

**Listening deeply (for a change): the power of reflection in CLD**

## Workshop Facilitator:

Nick Wilding (consultant and teaching fellow at the Centre for Human Ecology, Strathclyde University)

## Workshop Overview

Reflection sounds like it should be straightforward, but it isn't in a culture that is addicted to speed. What practical approaches help us to 'slow down, go further' personally, as well as in our work in communities and organisations? Why is 'deep listening' central to dialogue and community learning processes? Are we really valuing creative, reflective space when we design (and fund/fundraise for) CLD projects?

The session includes experiential exercises, dialogue, and input, and signposts further resources.

## 'Take-home' soundbites

- Quality reflection increases energy rather than taking it away: use straightforward disciplines and tools to focus your reflection;
- Do it with people you trust and expand this circle: doing it alone is really hard;
- Burnout culture burns out: "There is more to life than increasing its speed" - Mahatma Gandhi;
- Have courage to think ahead: build reflection time into project and organisational design and learn how to hold reflective creative, open space with authority not control

## Resources/Follow-up

**Web:** <http://www.nickwilding.com/CLD/actionresearch.htm>

This web page is specifically for people applying action research approaches to Community Learning and Development. It has links, CPD opportunities, essays, tools, and more.

