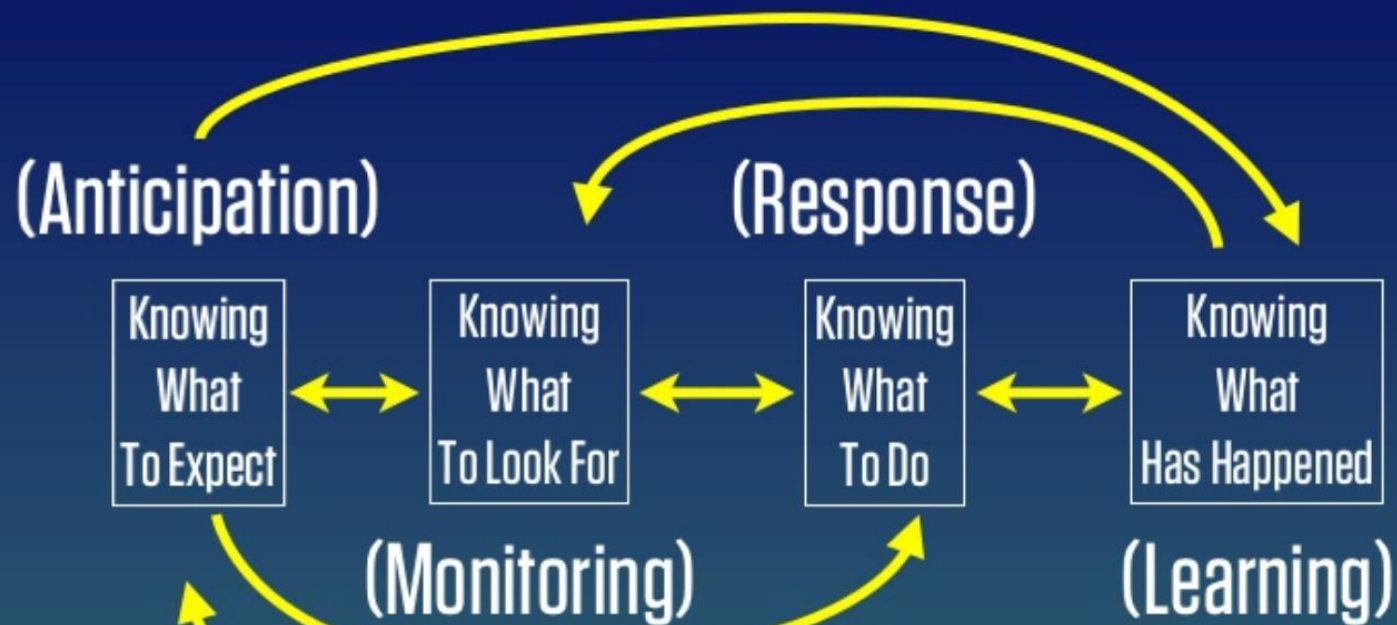


# Resilience through Reflection – Andrew Johnson



- Reflective practice is commonly described as essential to improving practice in work-as-done, but it is poorly understood
- Many models, all designed to look in retrospect – “Reflection on action”
- Reflection literature describes artistry as being achieved when we advance to “Reflection -in-action” or ideally “Preflection”
- The resilience potentials offer an extremely effective and flexible model, allowing reflection, before, during and after action.