

# Reflective Practice and Action Learning Sets

**Unlock Your Team's Potential with Our  
Action Learning Set Resource Kit &  
Train-the-Trainer Programme**

## Benefits

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### **Build Internal Expertise:**

- Develop skilled facilitators within your organisation, fostering a culture of reflective learning.
- Improve the reflective practice, communication and influencing skills of all team members improving the quality impact and outcomes of conversations

### **Enhance Professional Development:**

- Support growth and resilience in your team through structured, impactful ALS sessions.

### **Drive Self-Sufficiency:**

- Enable your team to independently lead reflective practices and professional development activities.

**Empower your team to lead impactful Action Learning Set (ALS) sessions in-house, with our comprehensive Action Learning Set Resource Kit and hands-on Train-the-Trainer Programme.**

**This kit and training package is your pathway to creating a self-sufficient, skilled team that drives continuous improvement.**

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# What's included?

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## **ALS & Reflective Practice Facilitator Training**

A 3 day training session designed to build confidence and capability in leading Action Learning Sets, covering:

- Core Facilitation Skills: Learn the art of coaching and mentoring to guide team discussions effectively.
- Reflective Practice Tools: Dive into a wide range of theories and tools that support insightful, productive conversations
- Understanding Human Motivation: Explore Maslow's Hierarchy of Needs and how it applies to personal and team development.
- Learn about the ALS – understand the structure and be confident in the role of the facilitator.
- Final day is all about practical application, where delegates will practice delivering the training and ALS sets in a training setting.

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## **ALS resource kit**

This physical kit consists of

- 1) Team development activities, session plans & workbooks which can be utilised by your facilitators to improve the reflective practice skills within your teams session / meetings.
- 2) ALS resources to help structure sessions and provide guidance on roles and responsibilities during the practice.
- 3) Prompt Poster & Parking Boards: Visual aids to keep sessions focused, organised, and engaging.

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## **Refresh and Embed Follow-Up Sessions**

Four development sessions scheduled over a 12-month period provide facilitators with ongoing support to reinforce and deepen their learning. These sessions enable facilitators to refresh key concepts, practice new skills, and integrate them into their work. They also offer a collaborative space for facilitators to share insights, successes, and best practices with peers, fostering a continuous learning environment and strengthening the collective expertise within your team.

**Price: £5995**

Includes 5 participant spaces on the train the trainer session. Additional spaces can be obtained at an extra cost.

