

# **SHEP and Waterford Healthy Ireland: Reflective Practice for Practitioners, In-Person Course** **(<https://www.activelink.ie/node/112322>)**



Comhairle Cathrach  
& Contae Phort Láirge  
Waterford  
City & County Council



## **Reflective Practice for Practitioners**

**In-Person Course**  
**Spring 2025**

***Open to all Practitioners- One In-Person Course in Waterford City***  
***No Course fees for participants through support from HI Waterford***

Are you working or volunteering in a community oriented and/or service-oriented role? Are you interested to support yourself and others in challenging work environments so as to avoid burnout. Are you interested in being better able to bring about positive change through your role? Are you interested in reflecting with others, and learning about the under-lying assumptions, motivations, feelings and beliefs that shape your practice, whether paid or voluntary? Are you interested in being better able to bring about positive change in the organisation or systems you are involved with, or in your community? This SHEP course starting in January 2025 may be of interest.

## **An Innovative & Practical Course**

This course will be of interest to a wide range of practitioners, paid or voluntary, involved in various roles in Community and Voluntary groups, social service agencies, public or local authority (e.g. education, youth and community work, social work, childcare, healthcare, housing, inter-agency work etc.). Aims of this course:

- ***Provide for 12 participants a space to reflect together on their prior and current practice experiences.***
- ***Explore the assumptions, values, beliefs and feelings that underpin participants' ways of being active in their settings.***
- ***Strengthen practitioner capacities (insight, resilience, self-compassion) to support organisations and systems evolve and align values.***
- ***Enhance capacity to co-create space for personal and group learning from practice reflection.***

## **Certification**

A SHEP certificate in Reflective Practice for Practitioners will be awarded where an 80% attendance record is achieved.

## **Fully Subsidised**

There is no course fee for this Waterford course, which is a partnership between Waterford Healthy Ireland, Waterford Sacred Heart FRC and SHEP. **Application Closing Date – Tuesday 17th December 2024.**

## Practitioners

Open to paid/voluntary practitioners (over 18) who:

- Have a strong commitment to promoting social change, inclusion, equality and justice and are active in their community or organisation in a paid or voluntary capacity.
- Are working or volunteering in a Community and Voluntary sector organisation, social service agencies, public or local authority (e.g. education, youth and community work, social work, childcare, health care, housing community representative, inter-agency roles etc.)
- Have a willingness to be open in a group setting, sufficient for a process of reflection on the assumptions, values and feelings underpinning their volunteering or work.

## Using a Critical Reflection Method

- **In-person – Tuesdays 10am - 1pm, Waterford City (X91 DNY0) - Facilitators: Joan Frawley and Tracey Tobin.**

This course involves 30 hours from January 2025 to June 2025 meeting approx. fortnightly. Individual 15min 1:1 individual intake meeting will be scheduled.

## For Further Information:

Call Liam McCarthy at SHEP (021) 4666 180 (tel:0214666180) or Jess Bowen (089 6100906) or email [Liam.McCarthy@socialandhealth.com](mailto:Liam.McCarthy@socialandhealth.com) (mailto:Liam.McCarthy@socialandhealth.com) or [jess.bowen@socialandhealth.com](mailto:jess.bowen@socialandhealth.com) (mailto:jess.bowen@socialandhealth.com)

Or on the SHEP website: <https://www.socialandhealth.com/training/reflective-practice/> (<https://www.socialandhealth.com/training/reflective-practice/>)

**Email application to: [info@socialandhealth.com](mailto:info@socialandhealth.com) (mailto:info@socialandhealth.com)**

**Please see Brochure and Application Form attached below.**

### Region

Waterford City

### Date Entered/Updated

21st Nov, 2024

### Expiry Date

17th Dec, 2024

### Attachment

[Brochure SE SHEP Reflective Practice for Practitioners 2025.pdf](#)

### Size

277.02  
KB

[Application Form SE SHEP Reflective Practice for Practitioners Course 2025.doc](#)

590.5 KB

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