**Gibbs Model of Reflection (Slide Notes)**

* Description: Concise description of your experience (no analysis just detail & facts)
* Feelings: Describe how you felt (before, during, after) also how did you act/behaviour
* Evaluation: What went well/worked, what went badly/didn’t work, how did it end (win/win?) – Don’t analyse why, just what was the result
* Analysis: In depth analysis to understand why things happened and the consequences, what lead to this, what could have been done differently (asks questions to understand about causes & consequences)
* Conclusion: Sum up the key learning from your analysis – be specific and detailed about what could have been done & what stopped you, what have you learnt about yourself
* Action Plan: What do you need to do to be better prepared in the future, priority areas to develop, specific steps. SMART objectives