

# Reflective writing template (Gibbs model)

## Description

### Start by taking small steps and just keep going

Introducing myself with my pepeha for the first at a formal event without using notes with many people in the room was a significant experience for me, even though at face value it is just about remembering 8 or so lines. I don't like public speaking at the best of times so I was fairly anxious even though I understand the purpose of a pepeha, had one that I really identified with and fitted with who I think all my influences are. I knew it quite well and had been practising each night and could say it confidently to my kids at home without a problem.

I got half way through managing to keep my voice steady and clear, then I caught the eye of someone, looked around, saw everyone looking at me and froze. My brain just wouldn't work and I couldn't remember the next line. After what seemed like an eternity with me going bright red in the face and closing my eyes to shut out the faces of everyone and just hoping to hear the line in my head I managed to remember the last two lines (not the next line) and stammer those out and ended there, feeling so embarrassed that I'd messed it up after all that practice.

## Feelings

I felt embarrassed and disappointed in myself that I couldn't demonstrate my respect for Māori culture and do what I ask others to do, despite all my practice. I was also frustrated that it hadn't worked out and felt that people would think that I didn't take Māori cultural values and practices seriously and that I don't walk the talk. I felt that some people would be pitying me too. Not a situation that I wanted to repeat in a hurry.

On reflection I now feel that it was just a step on a journey and not my one and only chance to get it right. I feel that most people were happy that I had introduced myself with my pepeha without notes, rather than judging that I paused (For maybe 10 seconds? It felt like 10 minutes, but maybe it was more like 10 seconds. No one got up and left, and the lead didn't move to the next speaker anyway) when I forgot a line. I also feel that each time the occasion arises to use my pepeha in a public situation I should embrace the opportunity until it gets easier and that it was my nerves and the public speaking that I need to work on in addition to my Te Reo Māori.

## Evaluation

What went well? Well I was invited to speak at the event, so that is a positive. I also finished my pepeha in the end and went on to talk about inclusive practices in pharmacy so that others got to hear about our experiences and hopefully learn from them. Maybe my memory is not as strong as it used to be so I need to use different/additional strategies for my learning now.

## Analysis

Things went badly because of my nerves, not my lack of respect or practice. Next time I will have my pepeha on my phone too, so that this will give me additional confidence that if I do forget half way through then I can look at my notes and maybe I'll visualise it all going well in the 5 minutes beforehand. However, I do not want to be in that situation again. I will learn several versions of my pepeha which will also help with my learning and confidence that I can always switch to a different version if I need to. I need to be kinder to myself. People don't usually judge and actually I might have given someone else who was in the audience who is also shy, the confidence to give it a go anyway, so that is a benefit. These all fit with strategies used by professionals to beat nerves and performance anxiety in general.

## Conclusion

This was a small but significant step. Go in with the attitude that it is privilege to be able to do this and it is an opportunity to let people know who I am in a meaningful way, rather than viewing it as an opportunity to be judged on my Te Reo Māori pronunciation or oration skills or cultural safety skills.

## Action plan

Say yes to every opportunity to introduce myself using my pepeha in public. This will mean I gain confidence in doing this and it becomes just a part of what I do, rather than something different to my usual practice to get worried about. Create a variety of pepeha to use at different occasions. Use this as an opportunity to improve my Te Reo Māori in general and from that incorporate more Māori words into everyday life. Keep reciting Māori words out loud. Aim to get to be able to introduce myself using my pepeha from understanding the context rather than remembering words and to pick and choose the lines on the spot.

Prompt questions – choose those that are helpful and relevant to the situation

Stage of cycle	Prompt questions
<b>Description of the event</b> Set the scene, describe what happened in the situation / experience.	<ul style="list-style-type: none"><li>• What happened?</li><li>• When and where did this happen?</li><li>• Who was involved?</li><li>• What did I and others do?</li><li>• What was the context?</li><li>• What was the result of this situation?</li></ul>
<b>Feelings</b> Discuss your feelings and thoughts about the experience before, during and after.	<ul style="list-style-type: none"><li>• How did I feel and think at the time?</li><li>• What impact did my emotions, beliefs and values have?</li><li>• What do I think other people were feeling?</li><li>• What did I feel and think about the incident afterwards?</li></ul>
<b>Evaluation</b> How did things go? Focus on the positive and negative even if it was primarily one or the other and look objectively at what approaches worked, and which didn't.	<ul style="list-style-type: none"><li>• What went well? What didn't go so well in the situation?</li><li>• What did I and other people do to contribute to the situation (either positively or negatively)?</li><li>• Were there things that were difficult? Interesting? Surprising? Upsetting?</li><li>• If I am writing about a difficult incident, did I feel that the situation was resolved afterwards?</li><li>• Provide some judgement about the event and its possible consequences</li></ul>
<b>Analysis</b> This is where you make sense of what happened, using the theory and wider context to develop understanding.	<ul style="list-style-type: none"><li>• Why did things go well? Badly?</li><li>• How do my past experiences compare to this?</li><li>• How does theory or evidence fit with this?</li><li>• Could I have responded in a different way?</li><li>• What might have helped or improved things?</li></ul>
<b>Conclusion</b> Think about the situation again, using the information that you've collected so far.	<ul style="list-style-type: none"><li>• What else could I have done?</li><li>• What insights, thoughts, or conclusions, about my role within this event that I can now take away?</li><li>• What have I learnt for the future?</li><li>• What skills might I need to develop, so that I can handle this type of situation better?</li></ul>

**Action plan**

Sum up anything you need to know and do to improve for next time.

- What would I do if a similar situation arose again?
- What are some indicators that would help me recognise a similar event?
- What are some changes I would make?
- How /where can I use my new knowledge and experience?
- How will I adapt my actions or improve my skills?