JALT Reflective Dialogue Sessions

Organized by the JALT Mentoring and Orientation Committee

The educational work environment is full of change and challenges. We want to get the best out of our lives and develop ourselves professionally but may feel frustrated, stressed, or confused about our next steps.

Led by experts, researchers, and qualified coaching practitioners from the JALT Mentoring and Orientation Committee, the *Reflective Dialogue Community* (RDC) is intended for JALT members to join together and support each other through a "Reflective Dialogue" approach *(Brockbank & McGill, 2006; Kato & Mynard, 2016, Whitworth et al., 2007).*

Members will participate in one-on-one sessions to share professional issues and learn strategies for intensive listening. These strategies include use of powerful questions and techniques to critically engage with thoughts and emotions based on the GROW framework (Whitemore, 2016). These techniques will help members create action plans to better adapt to challenges in the future (Bossons, Riddell & Sartain, 2015).

GROW

Goal, current Reality, Options, and Will

Date & Time:

November 19th, 7pm – 8pm via Zoom

Sign-up Form:

https://forms.gle/jt8gNcb3TgYyxpfn7

Sign-up Here!

It is said that "true change comes from within," but that does not mean it has to be alone. **Please join our first Reflective Dialogue Community Session!**

Bossons, P., Riddell, P., & Sartain, D. (2015). *The neuroscience of leadership coaching: why the tools and techniques of leadership coaching work. London: Bloomsbury Publishing.*
Brockbank, A., McGill, I., & Beech, N. (2002). *Reflective learning in practice. Aldershot, UK: Gower.*
Kato, S., & Mynard, J. (2016). *Reflective dialogue: Advising in language learning. New York, NY: Routledge.*
Whitmore, J. (2017). *Coaching for performance: the principles and practice of coaching and leadership. Nicholas Brealey Publishing.*
Whitworth, L., Kimsey-House, K., Kimsey-House, H., & Sandahl, P. (2007). *Co-active coaching. CA: Davies-Black Publishing.*