



Learning2gether

Reflective Practice Training in the UK!

In October 2020, Inova Consultancy (Sheffield, UK) successfully delivered the **Reflective Practice Training** sessions as part of the Learning2gether project! Over the course of 3 sessions, a group of participants (those seeking employment, education, or training) joined us virtually via Zoom to learn more about employability, develop their soft skills, and boost their self-confidence!

Despite Covid-19, the sessions, based on the Circles methodology, were successfully transferred to an online setting and we managed to connect with a diverse and inspiring group of individuals. Among the group were those who had recently finished their education (college, undergraduate degrees, PhDs) and those were feeling anxious about their job prospects in light of the pandemic.

Highlights...

"[these sessions] made me think about how my CV may come across and how to adapt in interviews and broaden my search area."

"How to keep calm in interviews (e.g. breathing), how to ask good questions, and what to avoid in interviews"



From session 1 to session 3, a rapport was built within the group which helped develop **self-esteem, networking, and goal-setting skills**. CV tips, interview techniques, and breathing methods were some of the key takeaways from the course! This allowed the group to become better prepared for the current, competitive job market!

Overall, the group were very positive about their Reflective Practice Training experience:



"Tools to help us reflect and make job hunting more structured through learning from past experiences"

"Safe environment, good pace, networking opportunities"

"Thank you!"

For more information about the Learning2gether project visit the project website at <https://learning2gether.org>



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