

**Suffolk Anglia Polytechnic University**  
**Summer University 2004 week one, 26<sup>th</sup> – 30<sup>th</sup> July**

**MANAGING WELL BEING THROUGH  
REFLECTIVE PRACTICE**

In the challenging professional contexts within which we work we can become jaded, daunted, compromised, stressed, alienated. Society asks much of us, and our lives can feel unbalanced, out of our own control, pointless, pained, inadequate. The organisations we work within often fail to look after our basic needs as professionals, but more importantly, as people.

Some of us suffer deeply within such organisations. Some of us have a managerial role within them and are concerned to protect our colleagues from such suffering. Some of us do both. This module will appeal both to those seeking to address their own well being, and to those wishing to facilitate it for others within their organisation.

As we come to the end of another long school year this module will form something of a retreat within which we can step-back, reflect upon our own experience, and make some sense of our professional lives. Within this process sharing our experience will be of the essence. Both the reflection and the sharing will be managed through a series of writing activities. These may expand to include photo-journals, documentary evidence, poetry, drawings, field notes, stories, and so on. These will be used to represent our personal responses, establish biographical context, and clarify the nature of the organisations within which we live and work. The products of these reflective activities, and discussion around them, will feed directly into the course assignment, the bulk of which will be completed during the course of the week.

Whilst the prime focus of the module will be upon understanding our own experience and organisational settings, reference will be made to texts within the fields of Well-Being and Reflective Practice, and these will be used to provide an academic rationale for our work.

The module is available at levels H (BA-Hons) and M (MA), and carries 30 credits.

Interested students may contact the course tutor, Dr Jim Nind, on 01986 892209 (day time), 01394 271226 (evenings) or on [jim@freedom.fsnet.co.uk](mailto:jim@freedom.fsnet.co.uk).

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