Now what?

block weekly reflection time

Ask our library to buy Oliva Remes book for our wellbeing collection when it comes out

RCTs with Medical Education colleagues

I need to book some counselling

will be adding more interactivity into recorded panopto videos

Let go

Take more time out for myself and others

Talk about Olivia Remes' presentation at our next team meeting

Share this model of reflecting at staff meeting on monday

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Now what?

no one says they should have spent more time in the office, so I'm going to make time to go for a swim this afternoon - brrrrrr!

Talk to a colleague about new training courses we can develop this year while we're still online, using short videos

Look at twitter for Systematic Review collaborators to improve methodologies

look forward to walking the dog

Blackbird librarian heralds knowledge for post-traumatic lockdown growth.Twitter lights up.

Consider treating what seems like a threat as an opportunity

Ensure the whole team have had time and space to share their reflections on the last year

Look for pressure building up and try to step back, using a relaxation technique or going for a short walk

I will be having a discussion with my NHS library team based on conversations I had during the randomised coffee trial. I hope that it can lead to better engagement with clinical teams.

Now what?

Figure out a purpose for my working life this year

To put aside time for reflection on a daily basis

When future planning, reach out to lecturers with positive examples of changes from this past year, rather than with generic non-specific questions

My next step is to take more chances and know that making mistakes means learning experiences. I'm never going to learn what I can do if I don't try. This year proved we're all more than we think we are and work in ways we never thought possible.

I really need to start reflecting on my teaching sessions - what actually did go well/badly?

I'm going to start a conversation about the potential pitfalls and possible workarounds for the restrictions inherent in hybrid meetings,

Accept the 'reality' and move on from there. I've learned this in both Work and Personal contexts.

spend time every day on a hobby or activity

We need to increase the visibility of new online training availability

Now what?

Plan break out room sessions with targeted goals for literature searching

Investigate ways of expanding services to users remotely by using Libchat

Build in reflection time after teaching

Look at flexible work requests and have conversations with team managers in my team

we customise everything to the Nth degree - maybe "vanilla" versions of software/systems are actually fine enough

Ask and then really Listen to how other members of the team are feeling and offer support

Start doing more of what I like!

Certain things have worked well for me. I'm going to hang on to them.

Embrace what has worked well and don't just revert to what was.

Now what?

Create SR action log to plan what success looks like

New goals/objectives to help with purpose. It's reassuring to know something good – posttraumatic growth - might come out of the sacrifices of the last 12 months.

Don't be afraid of failure

Really useful having the breakout RCT virtually. Will use that idea in the Diversity & Inclusion network building I'm involved with.

From 'emotions are contagious' by Olivia Remes - appreciate that readers are currently quite stressed. Don't take on that stress and stop agreeing to unachievable deadlines

Peer review for enquiries ould potentially work well with some colleagues, but concerns about the positivity and domination of others.

give further consideration to the issues raised around hybrid meetings

Use the new flexibility to expand our outreach support to NHS staff

Think carefully about using tech in teaching materials. Not use it for the sake of it.

Now what?

Start seeing change in a more positive way and look forward rather than live in the past

Learn more about post traumatic growth

It's important to speak up if/when I don't agree with the 'lessons learned'. Topics such as working from home in the future will be contentious.

I like anonymous way to share actions using Mentimeter

Start the chat with my manager about future flexible working

Hold on to what works too. Be able to demonstrate value

Use of peer review in learning / sharing possible answers

Look at what we need to stop doing and what we can carry on or start doing

think about what makes me happy

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Now what?

Randomised Coffee Trials - see if I can apply flipped classroom ideas to asynchronous CPD and project collaboration

Take time to plan more and take control - too easy to get swept up in the busy now and put own needs aside

Time for reflection on how we transition back to in person teaching

Start taking time out to reflect on things

Investigate captions to improve accessibility

Accept that somethings don't translate into an online environment. Re-think, maybe start again, maybe take a different approach.

Buy a notebook to allow me to 'feel the emotions' and 'let go' after a recent family bereavement

Hearing how differently everyone has experienced the past year and how different our hopes and fears are about next steps, it will be vital to clearly communicate my views but be careful to listen to others' feelings and don't make assumptions.

I find it difficult to reflect at a specific time

Now what?

Not be afraid of technology

Only think about work when I am at work/during work hours.

Ensure more SuaR sessions are in the calendar

Shutup and Reflect - try to ask these questions at the end of major tasks and push more to keep doing weekly reviews

Use reflection within teaching sessions

Consider how our experience of breakout rooms might feel if you were a students from different cultural background/international students

Find what gives me joy and do more of it. I've been feeling this way for a while, it was great to have words to articulate it.

Necessity for reflection time - learn and grow

Just because we can doesn't mean we should. Listen, listen, listen

Now what?

I'm in a newly joined up department - I'm definitely suggesting the RCT idea to various managers!

I will write my thought in my journal more regularly

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