

Introduction:

For our Personal Development presentation, we were asked to create a practical performance that would demonstrate self-awareness, this meaning self-awareness for both us the group presenting it and for the audience. The class was spilt up into three groups all at random, out of twelve class members. Throughout this reflective piece it will be highlighting what our practical performance was based on, exploring the ideas we all came up with from the very start and how we decided to go with the topic we chose, it will also address any thoughts and feelings I had and also what we as a group had during the research, and performance and lastly it will analyse what I thought went well and what could be improved on for the future.

Description

Once we were all established in our groups, we sat down and discussed what we thought would be the most effective performance to create to highlight self-awareness within us and our peers, after some thought the idea came instant as we decided to do our performance on a different frame of reference, after some thought on what we thought the best way to present this topic we came up with the sixth sense, this felt very relatable and relevant as we are all trainee counsellor's developing and putting our sixth sense to work and figuring out how we can use it during counselling sessions. We then started to look into how we could develop the sixth sense and what direction we should take it in, after some thought as a group we decided to look into all the senses not just the sixth sense as how important the sixth sense is the other five senses we use every day are very important and can affect people in many different ways meaning if they have the sense or do not.

As a group we decided that each one of us will take a sense, go away and research about it and then come back for the next session and share what information we found out about each of our senses. My sense was taste and smell, we decided that I was going to take both these sense as without one of these senses the other one would struggle to work, the three other girls in my group then had touch, sound and sight. We decided that we would give our audience an object or task specifically to do with our sense and after they touched, smelled, tasted, saw or heard the object or task then they would have six cards with different feelings on which was happy, sad, angry, scared, disgust and surprised to hold up to show their feelings, we decided to tally this down to the evident our performance title 'a different frame of reference' to show that everyone has a different frame of reference to each of these senses.

Feelings

When we all came back as a group to share our research on our senses it was clear that whatever we were going to present to the class everyone would have a different reaction to the object and we were going to hand out. At the start of brainstorming what theme we were going to present for one of the senses, Christmas was one that we thought would get more of a positive response and 'happy' cards would be held up, however after some thought we decided that Christmas can also be quite a sad and distressing time for some people. This made me realise that I assumed that everyone would have a positive view on Christmas but after some thought I realised that assuming someone's opinion is something that could be harmful to a therapeutic relationship., I feel as though it is very important that I acknowledge this assumption I made and acknowledge not to do this for the future in counselling sessions and within my personal life.

Evaluation

From my opinion I believe that the practical performance we created as a group highlighted the topic we were trying to present which was 'A different frame of reference' from the feedback that we received when reflecting back as a class, the overall opinion that we hoped we would achieve we managed to achieve which felt very positive as the work we created effected people in the way we hoped to trigger different experiences, we hoped that the performance would show a result of people having a different frame of reference to the same topic or information shared and this was achieved. I was the first person in the group to share my sense and whilst getting the feedback from the object I

handed out which was popping candy coated in chocolate, I was pleasantly surprised with the feedback of emotions which was mostly happy but also disgust and angry, which showed the point we were trying to achieve.

Analysis

Over all I think that 'A different frame of reference' made our audience more aware that everyone has a different frame of reference to the same thing such as sight, sound, smell, taste and touch. One thing that might have hindered the performance is that as a group if we didn't pick up on just assuming that everyone would have the same frame of reference about Christmas and not realised that a lot of people may have had a different experience. "It is that the individual has within himself or herself vast resources for self-understanding, for altering his or her self-concept, attitudes and self-directed behaviour - and that these resources can be tapped if only a definable climate of facilitative psychological attitudes can be provided" (1980, p.115-117).

Conclusion

To conclude I need to work on presenting as I feel as though I should have not relayed on my notes as much as what I did when presenting and should have been more authentic. Although from this presentation I have learnt a lot about a different frame of reference and it made me more aware of not to assume that everyone's frame of reference to any situation would be the same as what I believe it would have been.

Action plan

For the future I believe to help me improve for next time I will need to be more confident and to engage more in the reflective conversation as a group after the presentation to be able to fully understand people's own personal frame of reference.

References:

Oxford Brookes University (2019) Reflective Writing: About Gibbs reflective cycle. Available at: <https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writing-gibbs/> (Accessed: 24 November 2019).

Simple Psychology (2019) person centred therapy. Available at: <https://www.simplypsychology.org/client-centred-therapy.html> (Accessed: 24 November 2019)