



**Professional Development
Framework Reflective
Questions**

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The Five Core Components

Practitioner wellbeing

Think about the definition of wellbeing and the seven elements in relation to your own current knowledge and experience.

- What does wellbeing at work look like for you?
- What is within your control to keep doing?
- What is within your control to improve or start doing?
- What is within your control to stop doing?

Impact

Think about the definition of impact in relation to your own current knowledge and experience across the different groups of people you work with.

- What does impact at work look like for you?
- What is within your control to keep doing?
- What is within your control to improve or start doing?
- What is within your control to stop doing?

Inclusion and diversity

Think about the definition of inclusion and diversity in relation to your own current knowledge and experience.

- What does inclusion and diversity at work look like for you?
- What is within your control to keep doing?
- What is within your control to improve or start doing?
- What is within your control to stop doing?

Sustainability

Think about the definition of sustainability and the UN goals that are relevant to your workplace. In relation to your own current knowledge and experience, consider the following:

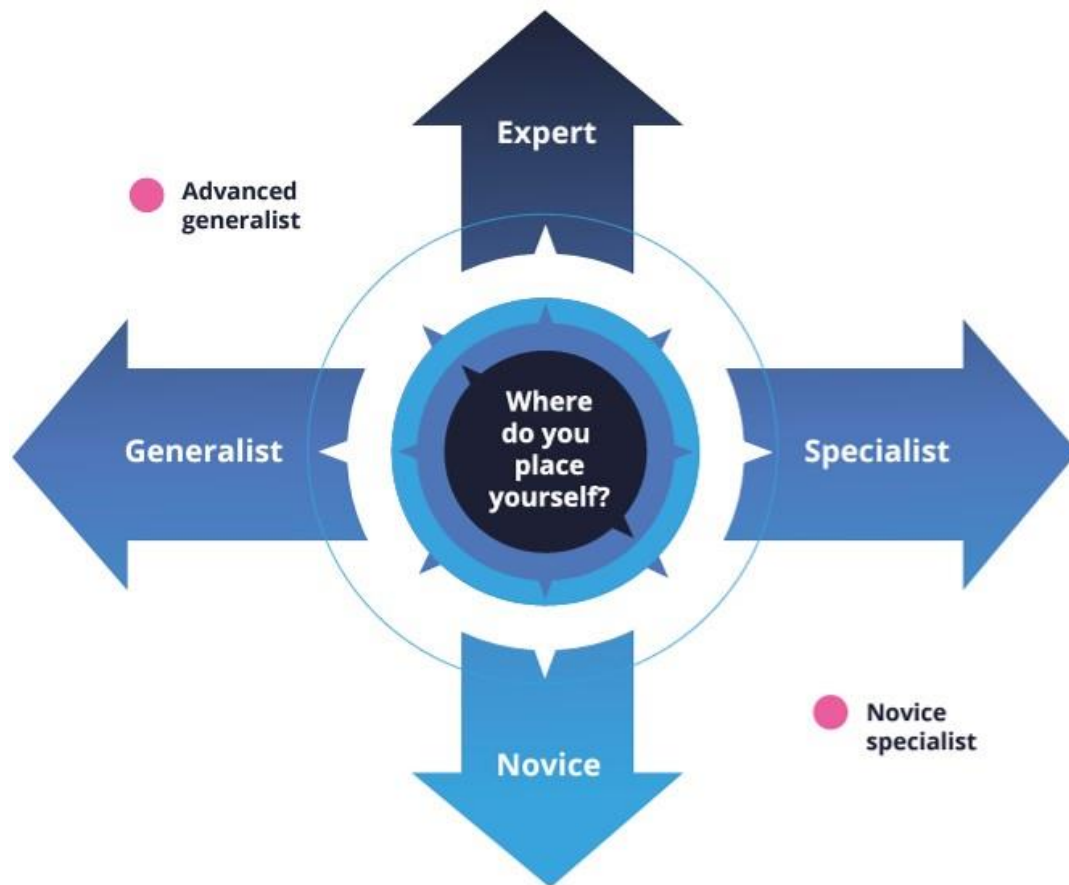
- What does sustainability at work look like for you?
- What is within your control to keep doing?
- What is within your control to improve or start doing?
- What is within your control to stop doing?

Co-production

Reflective questions: Think about the definition of co-production in relation to your own current knowledge and experience.

- What does co-production look like in your work context?
- How can you support people with communication difficulties to participate meaningfully in co-production?
- What is within your control to keep doing?
- What is within your control to improve or start doing?
- What is within your control to stop doing?

Level of practice and scope of practice



- Where do you place yourself on the novice to expert, generalist and specialist continuum?
- Can you identify where you have been in the past e.g. in different roles and career stages?
- In what ways, if any, has this section of the Professional Development Framework challenged or changed your thinking?
- Why is this important (i.e. the 'so what' factor) and what would you now like to do in response?

Career development and career progression

- What images, thoughts and feelings do you have when you think about a career ladder?
- How do you feel about using the Kawa approach when reflecting on your own career progression?
- Read the following quote which is a personal reflection from a journalist: what do you think of it and why?
- What would you like to do after reading this quote? (And that may include disagreeing with it or working with it)

“A career ladder creates no value except for the person climbing it, while a career river feeds an entire ecosystem... If you embrace your career as a river instead of a ladder, you’re better able to confront the obstacles. I’d rather live in a professional world of rivers, where we all can go with the flow together.”

(Thoreson, 2021)

The Royal College of Speech and Language Therapists (RCSLT) is the professional body for speech and language therapists in the UK. As well as providing leadership and setting professional standards, the RCSLT facilitates and promotes research into the field of speech and language therapy, promotes better education and training of speech and language therapists, and provides its members and the public with information about speech and language therapy.

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