**Reflective practice to promote professional learning**

Contemplation and constant questioning of our actions and decisions are two key methods of teaching. Reflections, whether self or student based, allow us to evaluate different actions. It is in these moments of deep thoughts that we come to a conclusion that a change needs to occur and hence we adjust our lessons accordingly.

In this experiential workshop teachers will:

* Learn reflective practices as an inquiry-oriented process, which engages teachers in professional growth.
* Acquire skills to assess the effectiveness of their lessons by self-reflection and develop action plans that improve not only their teaching practice as well as student learning.