

Self-Reflection: Talking Mats

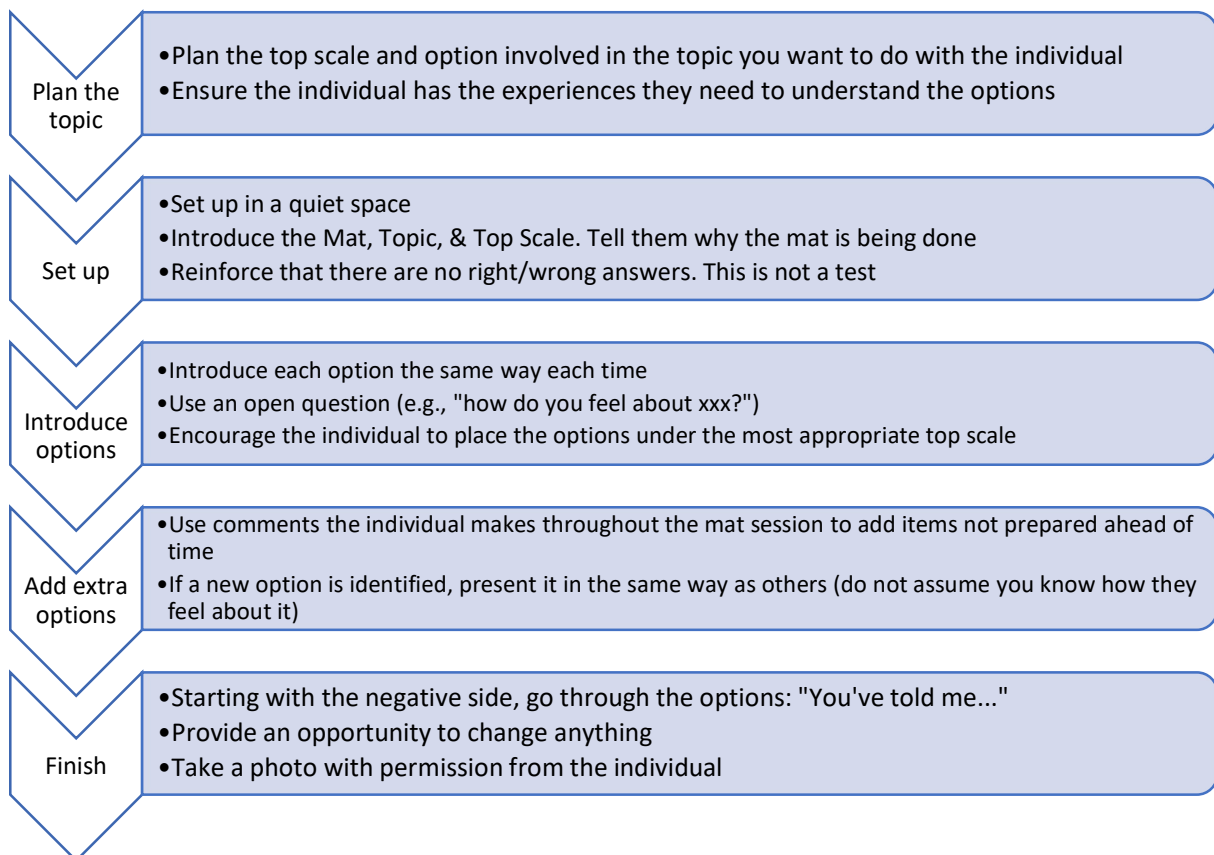
Purpose:

This sheet is designed to establish a snapshot of the sub-skills that contribute to the overall skill of facilitating a Talking Mats session. It can act to guide personal goal setting and development as a communication partner. Place a mark under the number which reflects current performance in each area.

The reflection can be revisited regularly as part of personal or professional development. Some people may demonstrate different areas of strength.

If consent is provided, videos of an interaction with an individual is a good way to evaluate performance with each of the elements.

Key steps of Talking Mats:



Get consent before using a student's aided communication system.
Respect their right to refuse. **Do not assume** that a 'yes' yesterday is a 'yes' today.



Reflection Recording Sheet: Talking Mats

Person completing reflection _____ Role: _____
 Date 1 (x): _____ Date 2 (o): _____ Date 3 (/): _____

Skill	Never		Sometimes		Half the time		Usually		Always	
	1	2	3	4	5	6	7	8	9	10
Introduced the topic and the purpose										
Explained the top scale										
Kept the top scale the same										
Used a consistent, open question for each option										
Kept personal opinions quiet										
Referred to placement on the mat objectively										
Waited in silence to give thinking time										
Reviewed/summarised the mat, negative to positive										
Gave opportunities to move options										
Gave opportunities to add options to the mat										

Ideas on how to improve:

Two things that went well	Two things to change for next time