

Reflecting Through Metaphor

"Desert Island Fantasy"

This approach can be useful when you prefer more creative and visual ways of working or are simply looking to inject some novelty into your reflection.

A favorite metaphor is to imagine yourself and the client on a desert island and tell the story through drawing out the situation using the desert island as your "muse".



When you think you may have finished, pause and consider if there are any other elements (people, things, blockers, enablers) that could be added to the picture.

It's important to just relax and have fun with this technique, try not to overthink it. Our hope is that this more creative approach will pick up on subtleties that are missed when we use our traditional rational and logical approach.

In order to broaden your thinking, you could move the picture around so that you look at what you have created from different perspectives.

Where you gain some additional insight through using the mechanism, consider how best to capture this. It could be that it would be useful to write this in words – alternatively you might want to build that insight into the picture itself.

If the idea of a desert island doesn't appeal, you could replace this with any situation that enables you to create a "scene". So for example, you could start with a stage or a movie set, or you could choose a sport analogy – just experiment and see what works for you...

For more ideas see :

Turner, T, Lucas, M & Whitaker, C (2018) Peer Supervision in Coaching and Mentoring: A versatile guide for reflective practice. Abingdon: Routledge (awaiting publication)