



Teacher of Adults: Reflective Practice Checklist

Use this checklist as a quick reflective tool before teaching, training, or coaching adult learners. It supports clarity, connection, and learner-centered practice.

- Have I connected today's learning to real-world relevance?
- Have I acknowledged and valued the learners' existing experience?
- Have I created space for questions, curiosity, and dialogue?
- Have I designed opportunities for learners to think, apply, and reflect?
- Have I considered diverse learning needs and preferences?
- Have I built in moments of pause or processing time?
- Have I planned ways to support psychological safety and respectful conversation?
- Have I clarified what success looks like for today?
- Have I made space for learner autonomy and choice?
- Have I prepared questions that deepen inquiry and critical thinking?
- Have I anticipated possible challenges or Dharma Doors and planned support?
- Have I included a closing reflection or wrap-up moment for meaning-making?

Created by Dr. Lisa Ellem | Teach Grown Ups Well | The Educator's Edge Podcast