

This bachelor's thesis explores self-reflection and its use during feedback interviews. The researcher feedback interview is feedback after sitting in on classes between teacher and supervisor or another worker at school. The aim of the bachelor's thesis is an analysis of the feedback process and the element of self-reflection used in it. Attention is firstly focused on the benefits of feedback for employees and the use of elements of self-reflection in a feedback interview. The bachelor's\* thesis explores the observation process, its usage possibilities, and whether it is possible to motivate employees through it. One of the biggest topics is self-reflection, its use in pedagogical practice, and then after sitting in on classes interview. Attention is also focused on self-reflection as a means of the personal and professional development of teachers. The empirical research aims to find out if the teachers of the secondary stage of elementary schools in the Šluknovský výběžek are using elements of self-reflection in an after sitting in on classes interview. The empirical research was created by using the questionnaire method. There are 12 schools included in the empirical research in Šluknovský výběžek, the expected number of respondents was about 40. In the evaluation of questionnaires, the thesis focused on the respondents' approach to sitting in on classes and the subsequent after-sitting in on classes interview, forms of this interview, and if parts of self-reflection or partial self-reflection elements are included in it. The very attitude of the respondents to self-reflection and its use was also researched