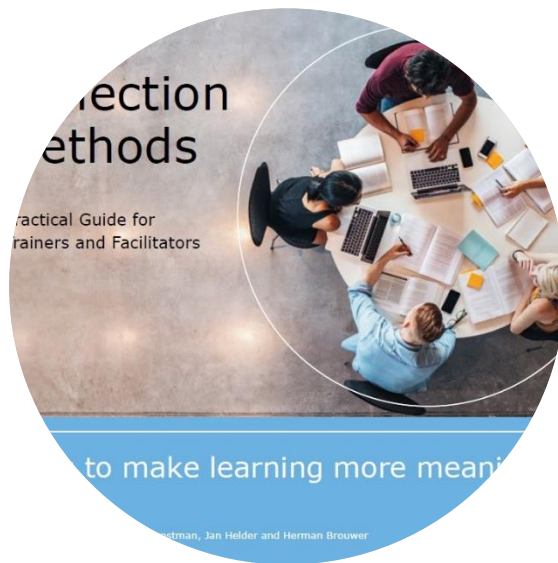


# Introduction to Reflection sessions

Name of event

Date, author



# Reflection sessions

- Participants are invited to reflect frequently on their newly acquired knowledge and the experiences they get during a training course or Multi-Stakeholder Partnership:
  - To digest all the information that is being shared during the course
  - To translate the learning to your own context
  - To integrate lessons learnt into your own work environment
- The aim of the reflection sessions is to make learning more explicit, and make it applicable.
- The “Guide with Reflection methods” summarizes tools for facilitating this reflection process to advance learning.

# ORID method – Reflection Levels

Objective level

*What did we do?*



*Head*

Reflective level

*How did you feel?*



*Heart*

Interpretive

*What did you learn?*



*Mind*

Decisional level

*How will you apply this?*



*Feet*

# Thank you!



For more information see book:

## Reflection Methods

Tools to make learning more meaningful

Gordijn et al, 2018