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 leaning 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