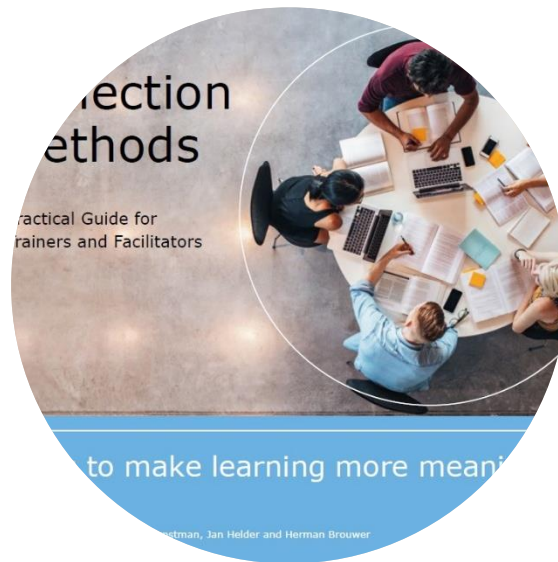


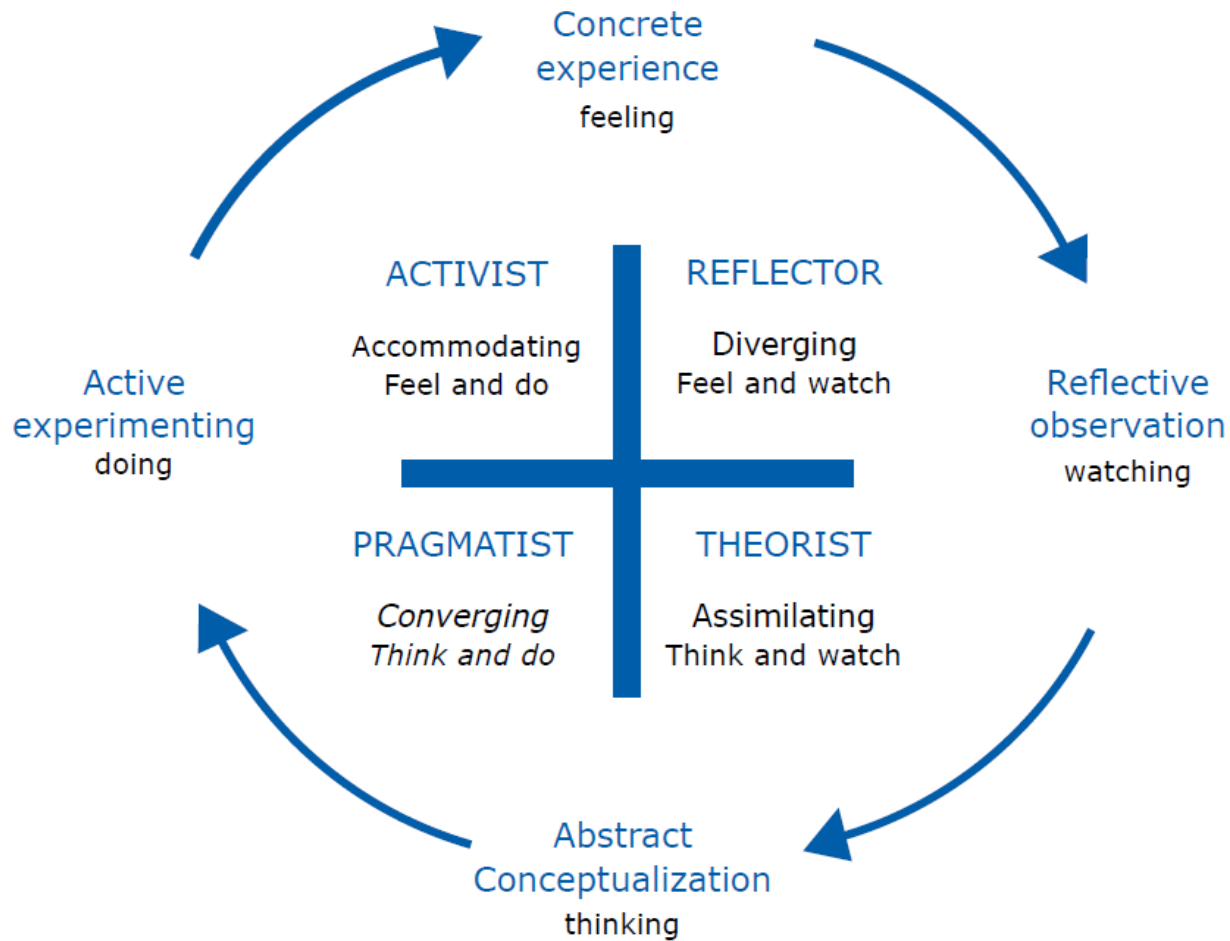
Reflection session with Experiential learning cycle

Name of event

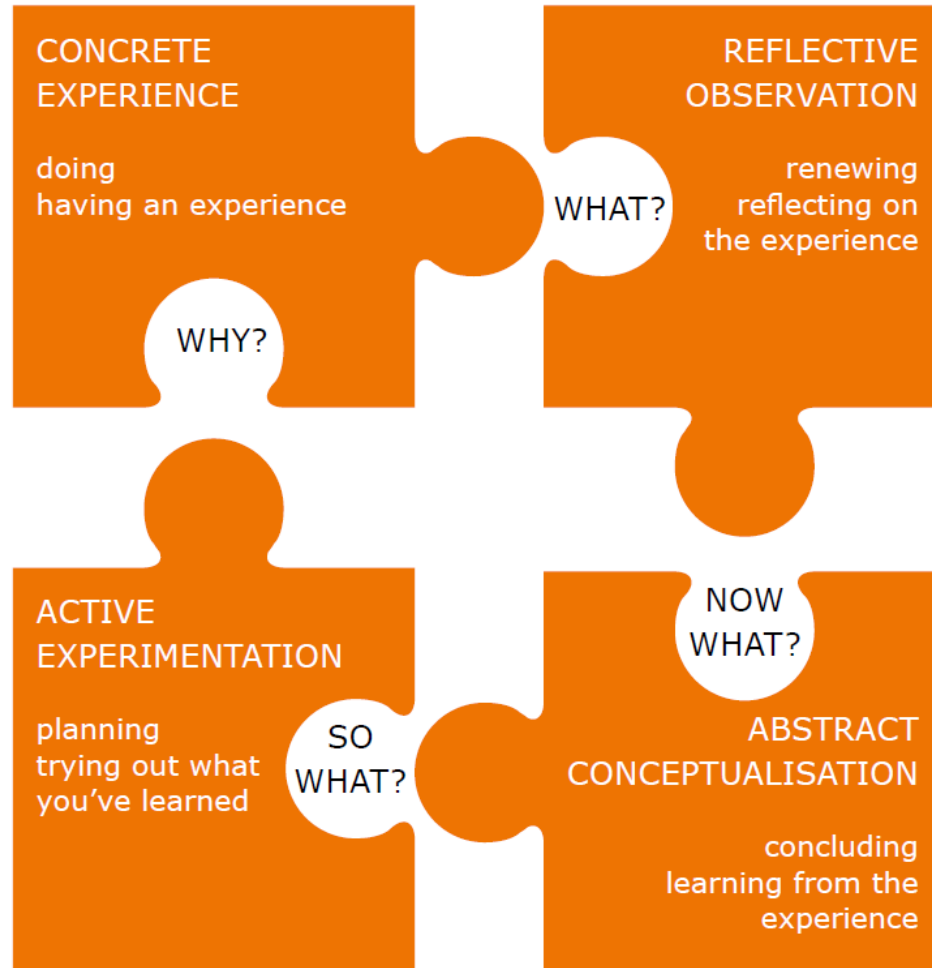
Date, author



Experiential Learning Cycle (Kolb)



Experiential Learning Cycle (Kolb)



What happened?

- What: What was yesterdays programme in key words? What were the most important things we did yesterday?
- What happened: what did you observe, what did you hear, what did you feel, what did you say? What was your experience like?
- What were the special moments, questions or challenges?

Why?

- Why did some things go well? Why did some other things not go well?
- Why: What surprised and impressed you yesterday, and why?
- With what do you agree/disagree and why? What was most important or interesting for you, why?

So What?

- **So what:** So considering your reflection, what did you learn (about a specific topic) from yesterday's session?
- What does it mean looking at it from a broader perspective, zooming out?
- What conclusion can you draw or generalizations can you make?

Now what?

- **Now What** can you use, which lessons or ideas can you apply in your own context?
- Now what does this mean if you would apply this in your own practice? What are the implications of this learning for you in your work, and for your organisation?
- Which questions do you still have and what actions will you take to explore them?

Thank you!



For more information see book:

Reflection Methods

Practical Guide for Trainers and Facilitators

Tools to make learning more meaningful

Gordijn et al, 2018

