

Reflect on today

Date:

Venue postcode:

What did you do today?

(Note a brief description of the session, format, what you covered, and anything new you did this time.)

Why not get the kettle on and give yourself some time for this?

How long did it last?

Can you give an estimate of the participants in terms of:

Number: Age group: Female ratio (e.g. 50%):

Who is your partner?

(name of community group, school, wider event, etc)



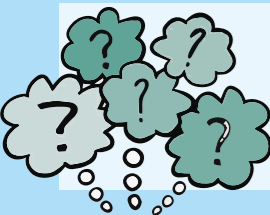
Who were your participants?

(e.g. school group, young carers group, local families, etc.)

Proportion of participants who had been before? (if repeat engagements)

Who were you expecting that didn't come?

(Do you know the reasons why they weren't there?)



How do you feel about today?

(hover over the boxes and select as many as you want)



- Supported Hopeful Enthusiastic Excited In-control Motivated
- Respected Elated Confident Energized Inspired Curious Fearful
- Frustrated Apprehensive Confused Proud Under-prepared Skeptical
- Out-of-control Disrespected Bored Tired Exhausted Comfortable
- Appreciated Empathetic Grateful Connected Optimistic Valued
- Safe Thoughtful Intimidated Alone Anxious Judged Disheartened
- Uncomfortable Pressured Brave Insulted Incapable Embarrassed

Other? (would you like to write your own word or explain more?)

What was your best moment today?

Make time and space for reflection - a powerful tool for change. What could other professionals in your organisation learn from you?

Did you face any challenges?

What surprised you?



What did your partner think?

Take a moment to ask your partnership professional to hear from their perspective

Do you both think people were actively involved in your session?

Everyone! Most people: 50:50: Some: Not many at all:

Were there any "Meerkat Moments"!? (Aka 'lightbulb' moments where participation or behaviour was more engaged than expected?)



Is there something you don't want to forget from your recent experiences?

What did you take from today?

If you could travel back in time, what piece of advice would you give yourself to do things differently and why?



For someone else running another similar session tomorrow, what piece of learning from today would you give them?



"We don't learn from experience.. we learn from reflecting on experience" - John Dewey