

REFLECTION CARE TEAM



Finding answers together
to questions that matter to everyone in



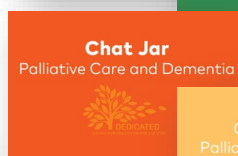
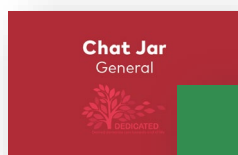
Points of attention:

- It is not about who is right: everyone shares different experiences, opinions and thoughts.
- Listen carefully to each other and ask each other questions.
- Give others the space to speak.
- Do not judge or criticize others.
- There is no right or wrong answer.
- Be curious: try to find out what others think.
- The facilitator keeps track of the time and asks questions without getting involved in the content of the discussion.

What do you learn?

- Understanding each other better. Where do your own thoughts and those of others come from?
- Listening attentively, asking open questions, and expressing your own thoughts.
- Practical examples increase your knowledge.

The **DEDICATED**
BOX
containing amongst
other things
CHAT JAR
CARDS



1

Reflection question

Choose a question together. You may use the DEDICATED-Chat Jar cards if you wish.



2

Practical example

Think about a practical example related to the question. Choose one example.



3

Presenter speaks

The presenter speaks without interruption about the practical example. Then the team asks questions.



4

Answers

Explore the reflection question using the practical example. Participants write down the most important answers for themselves.



5

Argument and reflection

Discuss the different viewpoints within the group. There is no right or wrong. Where do the different opinions come from?



6

Closing and follow-up

Discuss what the reflection has yielded. If there are still many questions, schedule a follow-up. Who will be the next facilitator?

