

INDIVIDUAL REFLECTION



Individual work + group discussion



23 minutes (5+18)

The lead trainer announces that we will now stop and think for a 5 minutes on what we have learnt in so far regarding the group members including themselves. These are individual reflections shared with the group.



Since the activities have focused on people working together, it can sometimes be effective to close with an individual activity.

In the next 18 minutes, each person from his/her seat will reflect on what they learned during the session about themselves and the participant that sits on his right side. The reflection should be positive and be given in one sentence.



Closing discussion to self-assess the learning points. Information collected with this reflection will be tailored and utilized by the trainer/s in the upcoming sessions.