

Please take a few minutes to
reflect individually on your
experience during this
session.

Learning Materials

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1. Individual Reflection Sheet (Participant Handout)

Title: Reflective Dialogue – Personal Reflection

Instructions: Please take a few minutes to reflect individually on your experience in this session.

Guiding Questions:

1. What worked well in my caregiving experience or practice?
2. What challenges did I encounter?
3. What have I learned about fair and inclusive evaluation?
4. How did today's activities shape my understanding of collaboration in care?
5. What would I do differently in a similar situation in the future?

2. Reflection Sentence Starters Card

Title: Supporting Reflection and Sharing

Participants may use the following prompts:

- “One important insight I gained is...”
- “I realized that...”
- “A challenge I identified is...”
- “What helped me understand the situation better was...”
- “In the future, I will try to...”
- “One change I would suggest is...”

3. Group Sharing Card (Circle Discussion)

Title: Sharing Insights in a Respectful Dialogue

Instructions:

- Participants form a circle (or virtual equivalent).
- Each participant is invited to share one key insight from their reflection.
- Participation is voluntary; respect the right to pass.

4. Reflection Summary Template (Flipchart / Board)

Title: What Have We Learned?

Trainer records key points under the following headings:

Key Insights

- **Common Challenges**
-

- **Good Practices Identified**
-

- **Suggested Improvements**
-

5. Short Evaluation Form (Paper or Digital)

Title: Session Feedback – Reflective Dialogue

Instructions: Please indicate your level of agreement with the following statements:

(Scale: Strongly Agree – Agree – Neutral – Disagree – Strongly Disagree)

1. I felt respected and included throughout the discussion. _____
2. The activity prompted me to reflect on my caregiving experience. _____
3. I gained useful insights to improve my practice. _____
4. The discussion fostered open and honest communication. _____

Open Questions:

- What was the most valuable insight you gained?
 - What could be improved in future sessions?
-

Key Message Card (Closing)

Title: Reflective Dialogue in FairCare

Core Message:

Reflective dialogue is a participatory, inclusive learning process that enables individuals to share experiences, learn from one another, and improve caregiving practices. It promotes self-awareness, mutual respect, and collaborative problem-solving, aligning with the FairCare approach.