

5.1.3 Reflective Dialogue – What Have We Learned?

Learning Materials

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1. Reflection Question Cards (Core Material)

Title: Reflective Dialogue – Guiding Questions

The trainer uses the following questions to facilitate reflection:

- **Learning Focus**

1. What did you learn from this activity?
2. What is one key idea you will remember?

- **Experience Focus**

1. What did you find most useful or meaningful?
2. What was challenging for you?

- **Perspective Focus**

1. Did your perspective on evaluation or feedback change? How?
2. What did you learn from others in the group?

- **Application Focus**

1. How can you use this learning in real care situations?
2. What would you do differently in the future?

2. Participant Reflection Card

Title: My Reflection – Key Insights

Participants briefly note their responses:

1. One important thing I learned:

.....

2. One challenge I experienced:

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3. One idea I will apply in practice:

.....

4. One suggestion for improving care or communication:

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3. Group Reflection Sheet (Optional – Small Group Consolidation)

Title: Shared Reflections

Groups summarize key points before plenary sharing:

Key Learning Points:

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Main Challenges Identified:

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Suggested Improvements:

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4. Flipchart Template (Plenary Discussion Tool)

Title:What Have We Learned?

Divide the flipchart into three sections:

1. Key Learnings

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2. Challenges

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3. Suggested Improvements

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.....

5. Participation Support Card (Inclusive Dialogue Tool)

Title: How We Share in a Reflective Dialogue

- ✓ Speak in a respectful and clear way
- ✓ Listen actively to others
- ✓ Share only what you feel comfortable sharing
- ✓ Value all perspectives equally
- ✓ Build on others' ideas

Key Message Card (Closing Material)

Reflective Dialogue Helps Us:

- ✓ Understand our experiences
- ✓ Learn from each other
- ✓ Identify what works and what can improve
- ✓ Strengthen communication and cooperation in care

Key Principles Card (FairCare Alignment)

Reflective Dialogue in FairCare Means:

- ✓Promoting equal participation of all participants
- ✓Encouraging open and respectful exchange
- ✓Supporting self-reflection and mutual learning
- ✓Recognizing participants as co-creators of knowledge
- ✓Linking learning to real-life care experiences