PAUSE & REFLECT

Take some time to think about what you've learnt and how you might apply it in your life and work.

'We do not learn from experience, we learn from reflecting on experience.'

- John Dewey

DISCOVER STAGE

What is the topic?

What have I learnt?

DESIGN STAGE

Why is this important to me?

How can I apply what I've learnt?

DELIVER STAGE

What else do I need to do?

Who else can help me?

Reflection is critical.
It helps us to make sense of experiences by linking to what we already know, finding uses and highlighting gaps. Without reflection, the value of learning is lost.

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