# Workshop Self-Reflection Document

This document will help you work through what went well at a big picture and detailed level. It will also help you think about what you might want to do next.

## How did it go at a big-picture level?

To reflect at a high level, ask yourself

\* How effective was I in meeting the objectives or purpose of this session and why?

\* How did the overall agenda or running order work?

\* Who was fully engaged throughout the process and why?

## What specifically should I keep doing?

To think about the details, drill down into

\* What did I like about how I ran each of the activities?

\* What went well?

\* What would I definitely do again?

## What specifically should I start doing?

This part will help you work through any areas of opportunity and improvement, so ask yourself

\* What could have gone better?

\* What do I need to do to ensure that happens?

\* What exactly will I do differently next time?

## What else have I learned from this?

This is for you to think about your personal learning. So, for example, you might want to think about your confidence, your approach, the participants, how you managed the room, flow of the session, group dynamics and the skills you used.