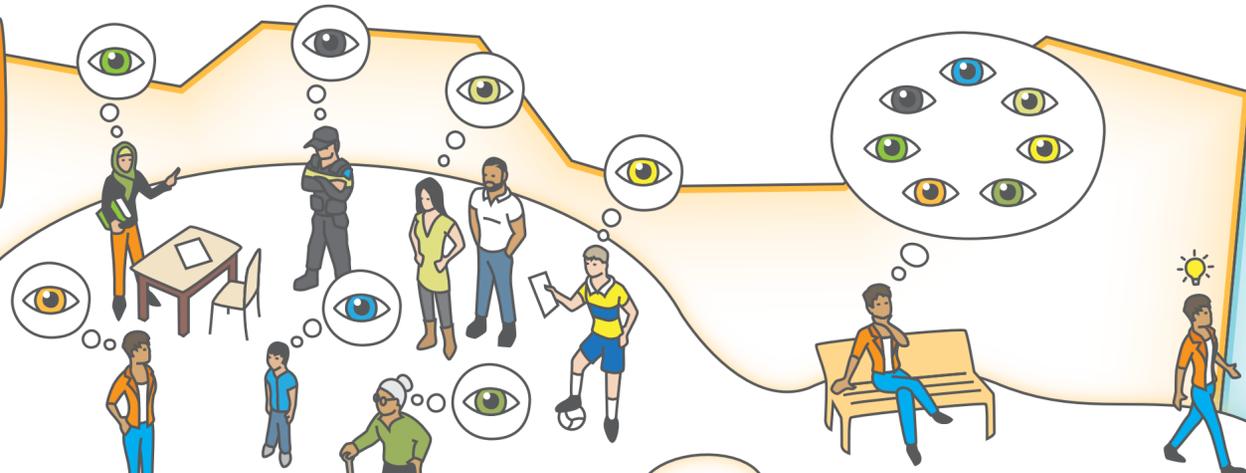


EXPLORE THE SITUATION

COLLECT

OTHER

INSIGHTS



Which perspectives do these people have on this situation? And which perspective do I have at this moment?

Do I allow certain perspectives to carry more weight than others?

Who is involved in this situation?



What do my colleagues think?



What do I find in the literature; for example, in the professional code of conduct and the guidelines for youth care and child protection?



Which opinions do the media and society have on this topic?



Is there a lingering thought, emotion or gut feeling?



What affects me emotionally or makes me think? For example, this could occur when you are in a family's home, in a meeting with colleagues, but also in a wide range of other situations.



I'll take these insights and apply them in my current and future work.

BY REFLECTING ON YOUR EXPERIENCES, YOU IMPROVE YOUR PROFESSIONALISM

As a professional you learn by regularly reflecting on your experiences. This means reflection is like walking along a path during which you can ask yourself a range of questions. The answers you find will enrich your insight and make you a more balanced professional.

How can I anchor my insights in my thoughts and actions? What will my first step be and do I need somebody for that?



What have I learned from the situation and my exploration of it?

WHAT'S ON YOUR MIND?



USE YOUR INSIGHTS IN YOUR WORK