

EXPLORE THE SITUATION

COLLECT

OTHER

INSIGHTS



Who is involved in this situation?

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?

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

What do my colleagues think?

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

Is there a lingering thought, emotion or gut feeling?

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

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 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.

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.

WHAT'S ON YOUR MIND?

USE YOUR INSIGHTS IN YOUR WORK