



Co-funded by the Erasmus+ Programme of the European Union

# Mentor Training



Module 5 – Reflection and sharing of experiences



ESTONIAN CHAMBER OF COMMERCE AND INDUSTRY



Izba Rzemieślnicza w Opolu



Wielkopolska Izba Rzemieślnicza w Poznaniu



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# Third Training Day

## Program of the day

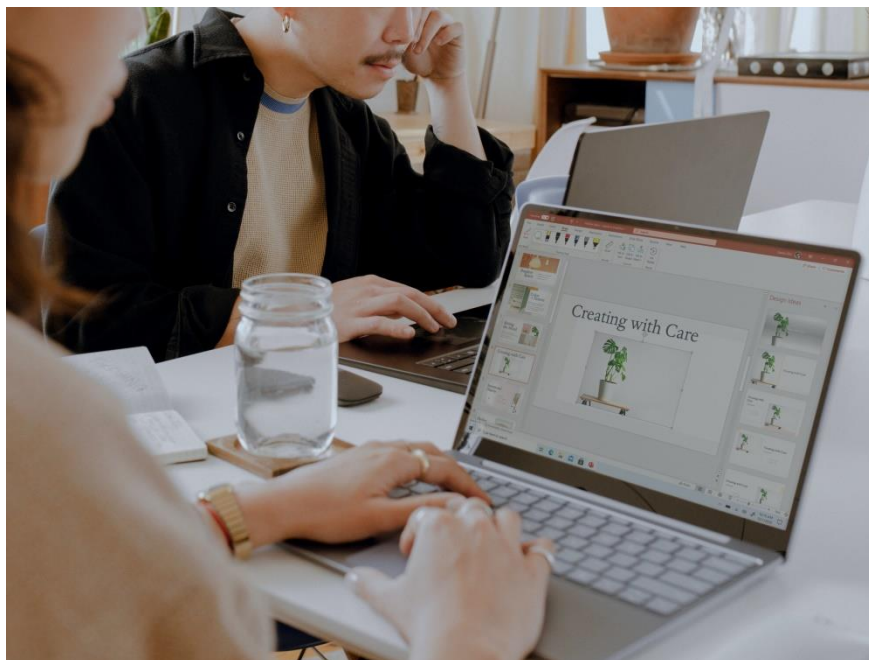
1. Presentation of individual experiences
2. Reflection of encountered difficulties, effects, problems and further steps
3. Plenary session and exchange of experiences
4. Evaluation



# Presentations

**10 minutes per participant**

**Short round of questions/comments directly afterwards**



# Reflection of difficulties, effects and further steps

Self-reflection is the term used to describe a person's ability to **reflect on his or her own situation**. Reflections on external or internal observations can be seen as **opportunities for recognizing problems and starting points for change**. Self-reflection presupposes the ability for **differentiated self-observation and a certain distance to oneself**. (Stangl, 2022).



Self reflection is essential for inner growth and personal development

# Questions for self-reflection

- What have I accomplished in the implementation?
- What am I proud of?
- What am I thankful for?
- Who was a positive and who was a negative factor for the project?
- Which decision in the project would I take differently?
- Which problem have I solved and what can I take away for future challenges?
- Which problem couldn't be solved and why?



***15 minutes of individual work to answer these questions***

# What has been difficult in the last weeks?

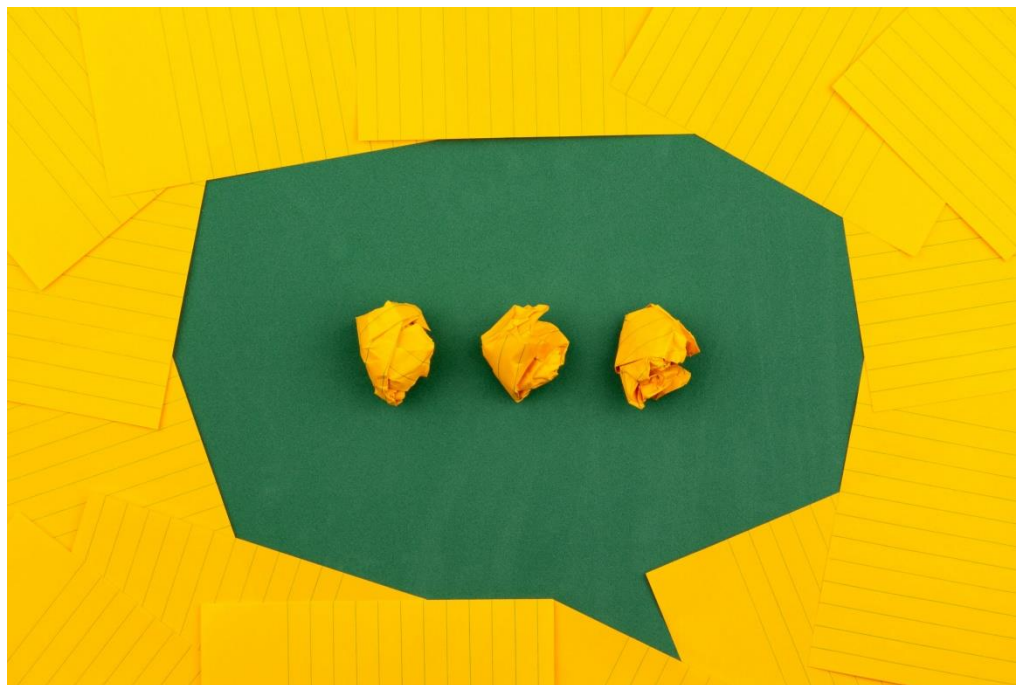
20 minutes in groups of four

Exchange of experiences



# Plenary Session

**Discussion about encountered difficulties,  
lessons learnt and future ideas**



# Evaluation







# Thank you for your participation!



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