

Reflection Unit

Reflection Unit

Why is this general unit important?

This unit can be repeated across the training as a 'general' unit from your second training meeting onwards. It assists participants to reflect on what they have learned so far in preparation for what they will do next. It has the same format on each occasion. The exact content will depend on what each participant shares with the wider group of training participants.

Participants have the opportunity to ask any questions related to previous meetings that they want answered in order to move forward with their learning. They will share the progress they have made in working with their Link Person. They may want to share any concerns that have emerged and discuss solutions to them. This unit helps participants build supportive links with each other and have more discussion time with trainers in an unstructured activity. Allow 45 to 60 minutes for this unit.

Skills participants will strengthen or develop

Skills that participants will strengthen or develop include:

- Level 2: Practice thinking about issues
- Level 2: Practice speaking in large groups
- Level 2: Practice reviewing personal progress
- Level 2: Practice planning next steps
- Level 2: Practice personal reflection

Summary of content in the Reflection Unit

Activity	Time
1. Follow-up questions from the last training meeting	10 min
2. Progress with the Link Person	10 - 15 min
3. Discussion of progress and issues	20 - 30 min
4. Reflections on your hopes and dreams	5 - 10 min

Activity 1

Follow-up questions

Large group discussion (10 minutes)

The purpose of the large group discussion is to practice skills in thinking about issues and speaking in large groups.

- Ask participants if there are any questions that they want to ask about the activities they did during the last training meeting:
 - * Are there any questions about specific **ideas** or **activities**?
 - * Are there any questions about the **personal exercises** you have completed since the last training section?
- Respond to questions
- Where appropriate direct participants to useful information listed for the units, and other people or resources that you believe will be helpful
- If there are few or no questions, move straight into the next activity - if there are many questions, negotiate the amount of time spent doing this, so that the next activity can also occur

Activity 2

Progress with your Link Person

Things to get ready

- Whiteboard and coloured whiteboard markers

Individual presentations (10 - 15 minutes)

The purpose of the individual presentations is to practice speaking in large groups and reviewing personal progress.

- Each participant will give a brief 1 minute summary of their personal progress in meeting and working with their Link Person - they will comment upon:
 - * the user involvement **activities** they want to join
 - * the **role** they will have in the activity
 - * the **support** they will receive
 - * any **concerns** they have at this time (only if they have them)
- There will be as many presentations as there are participants
- Encourage everyone to do this but accept that some people may not feel confident yet and will pass on this activity

- If people are not confident, talk to them afterwards about anything you can do to assist them with doing this in the future
- As each participant outlines a concern, write it on the whiteboard along with their first name - if someone else has a similar concern, add his or her name alongside the concern

Activity 3

Discussion of progress and issues

There are two activity options. Each one has a suggested time allocation. Choose the one that best suits your group.

Things to get ready

- Whiteboard and coloured whiteboard markers
- If you choose Activity Option 2, you will need flipchart paper and coloured markers

Activity Option 1

Large group discussion (20 – 30 minutes)

The purpose of the large group discussion is to practice thinking about issues and planning next steps.

- Work through the concerns identified from the individual presentations that you have listed on the board by facilitating a discussion about possible solutions - here are some questions to guide you:
 - * Why is this a concern for you?
 - * Has the health or social service realised this is a concern for you - how do you know?

- * If they have, what have they offered to do about it?
- * What ideas do you/the group have for a solution?
- * Based on these ideas, what do you think the next step is in dealing with it?
- In the discussion make sure you share your own ideas - particularly if you know good strategies, resources or people that can help - but try to get the group members identifying solutions and planning the next steps together
- Where appropriate link the issue to sections you have already covered during the training or sections that you are going to do next

Activity Option 2

Small group work (20 - 30 minutes)

The purpose of the small group work is to practice thinking about issues and planning next steps.

- Ask participants to divide into groups of 2 to 5 people as they like - suggest that those people with shared concerns as listed on the whiteboard may want to go into the same group
- Together they must discuss the concern and possible solutions using these questions:

- * Why is this a concern for you?
- * Has the health or social service realised this is a concern for you - how do you know?
- * If they have, what have they offered to do about it?
- * What ideas do you/the group have for a solution?
- * Based on these ideas, what do you think the next step is in dealing with it?
- Ask the group to take notes on flipchart paper so they can share their ideas with the larger group
- After 15 - 20 minutes bring the groups back together and do small group presentations
- Invite people in other groups to make suggestions
- Also make sure you share your own ideas - particularly if you know good strategies, resources or people that can help - but try to get the group members identifying solutions and planning the next steps together
- Where appropriate, link the issue to sections you have already covered during the training or sections that you are going to do next

Activity 4

Reflections on your hopes and dreams

Large group discussion (5 - 10 minutes)

The purpose of the large group discussion is to practice personal reflection.

- Remind participants that in the first Introduction unit they talked about their hopes and dreams for user involvement - invite them to share responses to the following questions with the larger group:
 - * Based on what you have learned so far, are you making any progress in reaching your personal hopes and dreams?
- This is a voluntary activity, so it is fine for people to pass