



Lausanne Learning Consulting Principles

Self-Reflection Form (2 weeks following the consultation)

Thank you for filling in this self-reflection form for Lausanne Learning. We are striving to improve and your input will help us get better and better. At the same time, reflecting is also the best way for you to learn from your experience.

School: XXXXXXXX School

Consultation Type: XXXXXXXXX

Date of Consultation: month / day / year

Consultant Name: XXXXXXXXXX

Consider the following thoughts to help you craft your reflection. This is not intended as a set of questions to answer in sequence but a trigger to help you:

1. Describe what happened – the experience, an event, a learning, a discussion, an interaction, a conversation, the whole
2. Think about what happened from your own several perspectives – a consultant, a teacher and/or administrator, a colleague, a human, a traveler
3. Consider the importance of the consultation for the school in terms of:
 - a. Taking action (what are they going to do?),
 - b. Reconsidering actions taken (is this the best way to go?)
 - c. Talking to someone else (whom else do they trust on this issue?)
 - d. Its impact on their identity (what would this say about them?)
 - e. How do they feel (what emotions do they have around this – why?)
 - f. What trends or patterns did you observe as you responded to their questions?
4. Consider the importance of the consultation for you in terms of:
 - a. How are you making meaning out of your experience?
 - b. How did you grow as a result of the experience?
 - c. What did you offer that was a surprise to you?
 - d. How did the consultation provoke further questions for you?
 - e. What did you learn as a consultant specifically that you will take with you on your journey?
 - f. What insights were offered to you that were a surprise?
 - g. As you reflect on your professional actions, how can you see incorporating lessons learned in order to improve your craft as a consultant?

Write here for as long as you wish.....

Name: _____ Date: _____

Print: _____ Position: _____