ACTION LEARNING GROUP

Reflections on the ALG

What?

Describe essentially what happened. How was it useful or not useful? Which bit did you enjoy and which things were more challenging? Which questions did you notice really worked to move the presenter on?

So What?

Describe why this experience was significant. What did the experience make you ask about yourself? What emotions came up? What made certain elements feel significant? How did the content relate to you or your work?

Now What?

This is about next steps. How are you apply yourself with this new thinking? What will you do differently? What about this could you share with your friends, family, colleagues or coach? What actions did you commit to or will you commit to as a result of this action learning session?