C10- Theory sandwich

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| In short | The essence of this workshop style is to let the participants first think about a real life situation, before you explain the theory. And that after this explanation, you will come back to this situation. As workshop leader you could come up with a situation, but you could also ask the participants to think about a situation of their own. |
| Goal | People learn in different ways. While one might notice patterns quickly, and immediately see how to implement the models. Another might need some guidance in linking the theory to real life situations.  This method might also have a positive effect on creating the urge to change. Because participants first need to describe how they would handle a certain situation, without the new information. It is easier to show, after explaining the theory, how this will affect the situation. |
| Prepare | A description of the real life situation, on which you want to apply the new knowledge. |
| Steps | Explain the situation.  Ask the participants to explain how they would react to the situation.  Explain the new theory/knowledge  Ask the participants how they would react to the situation, while thinking of the new theory. What would change? |
| Hints and tips | When working with complicated situations, you can ask the participants to write down their reactions first. After which they will have a short: pair and share moment. |