

Reflection

Number of People	Approximate Time	Items Required
20 people	60 minutes	Stop Watch

Sometimes the best way to help people learn something new is to allow them time to reflect on what they have learned.

1. Have classroom participants either lay their heads on the desk or lie or sit comfortably on the floor.
2. Instruct them to reflect quietly on what they have learned for five minutes.
3. At the end of the five minutes, tell them a key phrase or key word and have them reflect on it for one minute. Repeat four more key phrases or key words and allow them a minute to reflect on each.
4. After quiet reflection, gather the group into a circle and have each person state in two minutes what he or she believes is the most important concept and how that concept can be used effectively at work.