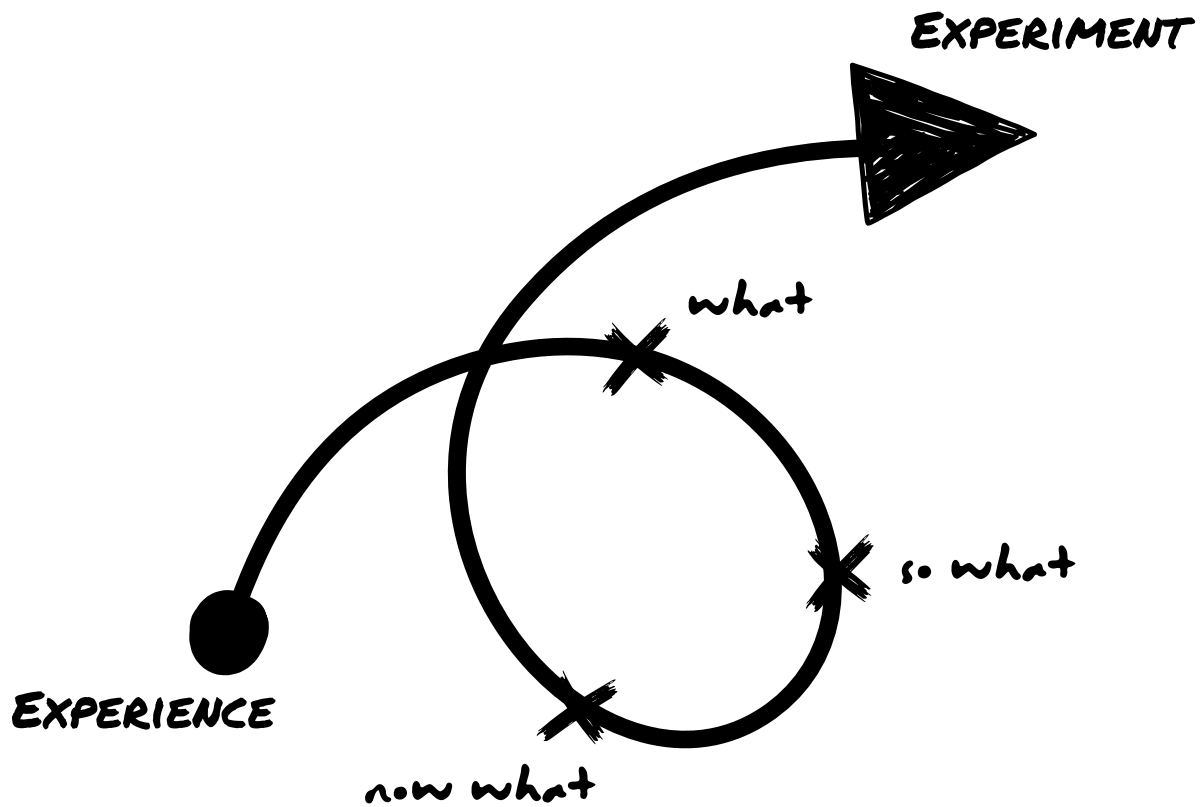


FROM EXPERIENCE TO EXPERIMENT: THE REFLEXIV MODEL



Derived from Kolb's Experiential Learning Model & Driscoll's Reflective Cycle

HOW TO USE THIS TOOL

Choose a recent EXPERIENCE to focus on

- WHAT were a few things that stood out about that experience? Write down 2 or 3.

- SO WHAT - what are the implications of the 2/3 things that stood out? What are some patterns you see? What surprises you? What doesn't?

- NOW WHAT - what are some actions you will now take based on that insight?

EXPERIMENT with those actions - what do you learn from doing them? From trying to do them? What is the experience the experiment creates?