

1. Reflection on Workshop on Wheels

This reflection can work for a conference or workshop where attendees visit different businesses or attend a series of presentations. In Column 1, list the presentations/visits being discussed. Generally, between 3-6 works best. To remind attendees about each session, include the presenter’s name or the presentation title.

When running this session in groups, print the reflection worksheet on an A3 sheet and either have participants write on post it notes which they stick onto the sheet, or have a facilitator to ask questions and write down any thoughts that the participants have. The facilitator can ask **open questions** rather than following the format below, then ask the participants where they think that information sits in the worksheet.

In order to reflect on your experiences, think about what you saw and/or heard about under each of the five headings. Try and write something in as many boxes as possible. You will be asked later to write about how you could apply this learning to your business.

	Champion Local Places	Benefits Host Communities	Tackles Climate Action	Empowers Visitors	Delivers long-term sustainability & profitability
Presentation 1					
Presentation 2					
Presentation 3					



2. Dissemination Reflection Exercise

This reflection can work for a conference or workshop where attendees will have to take the learning back to their own communities. Grouping participants together for this exercise in groups where their types of communities or the location of their communities are similar can facilitate the session.

This reflection works best with a facilitator ensuring that all voices in the group are heard, and that commitment is reached on how and when the dissemination will take place.

Think about how you will share the learnings from this workshop with others (your personal and professional network, your local tourism networks, your local community, and any others), as you now become Leaders in Regenerative Tourism.

Who could benefit from these learnings?	Where/how can you connect with them?	When?	More details?
Immediate Network			
Local networks in your town/region			
Wider community			
Other			

3. Personal Reflection

This personal reflection template can be used for participants to complete after a training programme/workshop/informative visit or any type of experience. It can form part of a reflection journal or can be a stand-alone activity.

A personal reflection involves:



Describe your Starting Point

Prompts:

Why did you decide to participate?

What hopes and concerns did you have about the experience?

Learning Experience

Identify TWO learning experiences from the event/experience that resonated with you

Examples:

A practical visit or site experience

A task that you enjoyed during a workshop

Networking opportunity

A special moment of self-awareness

A particular learning/activity you plan to implement into your own business

What hopes and concerns did you have about the experience?

For each learning experience complete the BEFORE/DURING/NOW/FUTURE sections

BEFORE

Write or record your expectations about how you felt before the experience E.g. I was looking forward to/nervous of/unsure of.....because.....

DURING

What did you do? (Why / When/ Where / How / How long?)

Give a good description of the experience.

Describe your reaction to the experience. Use phrases such as:

- I liked/did not likebecause.....
- I will never forget it because
- It changed my mind/did not change my mind because.....
- I found it useful/helpful/interesting because.....

Your reactions must be based on some part of the experience. Use photos/drawings/diagrams etc to support/illustrate.



NOW

- How do you feel about the experience and Why?
- What aspects of your understanding of regenerative tourism have improved? How?
- How have the experiences affected your thoughts, actions and plans for the future?
- What have you learned about your strengths, weaknesses and opportunities?

FUTURE

- Describe how the experience may be useful or important for the future of your tourism business.
- Would you like to do it again? If so, why?
- Has the experience given you any ideas about something specific you would like to implement into your own business in the future?
- Has it helped you to discover anything new about yourself? How did it do this?
- Has the experience helped to identify opportunities for improving your environmental and social impact on your region/community?
- Did it help prepare you for future activities/experiences of the programme? In what way did it do this?



