Transfer-Exercise

Mindfulness

Please take some moments to reflect on the past session. Following you will find proposals on what you can include into you reflection.

- Which aspects of the session were familiar to you? What inspired you, maybe even surprised you, or made you think? And how are the "old" and the "new" aspects related with each other?

- Please think of 2-3 things you can take away from this workshop for you personally. And what is the main thought or aspect you want to take out for yourself today? What seems most important to you?

- What could be a practical implication in you everyday life? What can you apply and how would you do it?

- How was this session / workshop for you?