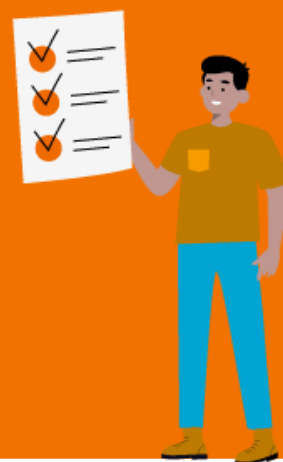




## Reflection

As a workplace trainer, you want your student to learn from practical experiences. Reflection plays an important role in this. By reflecting together with your student, you can both grow and develop. Reflecting during vocational training is very educational for both you and your student. Challenge your student to reflect and evaluate this together.



*Reflection is the key to growth and development in practice.*



As a workplace trainer, it's good to look back on practical situations. This creates a cycle of continuous development and improvement. Reflecting on your attitude and behaviour helps you understand your own actions better. By examining your own actions and engaging in new learning experiences, you create a cycle of ongoing development.

## What works

- Looking at how the situation went, not how it should have gone.
- Asking open questions about behaviour and feelings.
- Reflecting on situations that went well, as this makes it easier to discuss situations that were more difficult.

## What doesn't work

- Avoiding difficult conversations.
- Thinking negatively about yourself.
- Blaming others.
- Not being honest about your own role in the situation.



### More training and tools

SBB supports workplace trainers in guiding students with different training courses and tools. Discover our full range at [s-bb.nl](https://s-bb.nl) or contact your work placement advisor.