

# CLOSING REFLECTIONS

## Facilitator guide

### SESSION OVERVIEW

This activity can be completed at or near the end of a workshop to help participants reflect on their experiences during the workshop; identify what knowledge, feelings or opinions have remained the same or changed as a result of the workshop; express any outstanding issues or concerns related to the material that was covered; and declare “one thing I will do” as the result of the workshop.

### OBJECTIVES

By the end of this activity, participants will be able to:

- Articulate their current knowledge, feelings, values and intentions on abortion and how they were impacted by the workshop
- Identify areas where they feel their values, beliefs and/or behaviors still conflict
- Express any outstanding questions or concerns about the workshop or topics discussed
- Declare one thing they will do as a result of the workshop

### MATERIALS

- “Closing reflections: Participant worksheet”
- Pens

### TIMELINE

Total time: 25 minutes

### ADVANCE PREPARATION

- Review and adapt the worksheet statements, if needed.
- Photocopy worksheet, one per participant.

## INSTRUCTIONS

**STEP 1:** Give each participant a worksheet and ask them to read the statements in Part 1 silently and imagine how they would complete each statement. Invite them to individually reflect on their experiences during the workshop and what impact those experiences might have on them in the future.

**STEP 2:** Ask participants to spend a few minutes to complete in writing three statements of their choosing in Part 1. Remind participants that their responses reflect their personal views and experiences; there are no wrong answers.

**STEP 3:** Also ask participants to reflect on and complete Part 2.

**STEP 4:** When participants have finished writing, ask each participant to read one of their completed statements out loud. Participants may decline if they do not feel comfortable sharing any of their completed statements with the group.

**STEP 5:** Ask one or two participants to share their observations about people's completed statements.

**STEP 6:** Debrief the completed statements and participants' observations. Some possible debriefing questions are:

- What are some similarities among our group's feelings and intentions?
- Where are the greatest differences in the group?
- How would you describe the feelings in the room right now?
- For anyone who identified a continued conflict between their values and/or behaviors on abortion, what suggestions do we have for resolving those?
- What is your sense about the impact of this workshop on our group?

**STEP 7:** Solicit and discuss any outstanding questions, comments or concerns with the participants.

**STEP 8:** Ask each participant to briefly share with the large group the one thing they plan to do after the workshop that they wrote in Part 2. Thank the group for their participation.

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## Participant worksheet

### INSTRUCTIONS

#### Part 1

Choose three of the following statements that have meaning for you and that you would like to complete. Please complete the statement according to how you feel now.

My personal feelings about abortion are \_\_\_\_\_.

My professional responsibilities regarding abortion are \_\_\_\_\_.

I may not agree with \_\_\_\_\_, but I can respect \_\_\_\_\_.

My ideas about \_\_\_\_\_ have changed because \_\_\_\_\_.

When I think about abortion, I still feel conflicted about \_\_\_\_\_  
\_\_\_\_\_.

One way I plan to resolve the conflict I feel about abortion is \_\_\_\_\_  
\_\_\_\_\_.

This workshop has helped me to \_\_\_\_\_.

**Part 2**

Think about and write down one thing you plan to do after the workshop related to the provision of safe abortion care.

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