Feedback and Reflective Processes

Walk & Talk

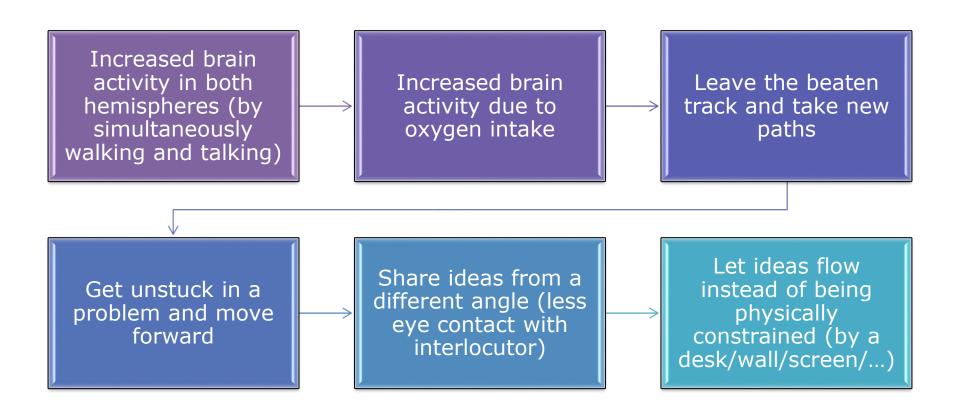


What is Walk & Talk?

A **collaborative** reflective practice method that allows us to **break the conventions** of traditional collegial interaction through e.g., **limited eye-contact**, **movement**, **change of setting**



Benefits of Walk & Talk



Walk & Talk: Practice!

Pair up with another participant.

Leave this room and take a walk.

Talk about the experience from the past few days

- Which of the activities in did you find most inspiring? Why?
- Which of these activities would you like to use in your context? How? Where?

You may use any language.



Walk & Talk: Meta-reflection

How was your experience with **Walk & Talk?**What did you particularly like/dislike about it?

How can you use this tool in your professional context?
How? Where?

version June 2019



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