

# Group Activity Reflection Guide for Facilitators



Reflecting after an activity enables Teen Pregnancy Prevention (TPP) Program facilitators to identify successes to build on and challenges to address for future activities, as well as recognize their own strengths and opportunities for improvement.

Use the form below to reflect on a group activity you facilitated or co-facilitated. If you co-facilitated, consider each completing the self-assessment independently and then discussing your reflections together. If your activity was observed, complete the form before debriefing the activity with the observer.

<b>TPP Project Grantee:</b>	<b>Facilitator(s) Name(s):</b>
<b>Location:</b>	<b>Audience:</b>
<b>Date:</b>	
<b>Purpose of Group Activity:</b>	
<b>Duration of Activity:</b>	
<b># Participants:</b>	

1. Overall, how do you think this activity went? Consider, for example, whether the activity met the stated goals and how engaged participants seemed.

## Preparation

2. Did you feel prepared going into this activity? What steps did you take before the activity to ensure its success?

3. What, if anything, could you (or another team member) do differently to prepare for future activities?

## Successes

4. What went well in this activity? Consider, for example, if there was an exercise that participants seemed especially engaged in or a discussion that was especially robust.
5. Do you feel that you contributed to these successes? If so, how?
6. What, if anything, could you (or another team member) do to repeat or build on these successes in future activities?

## Challenges

7. What was challenging about this activity? Consider, for example, issues with participation, energy, and timing.
8. Do you feel that you contributed to these challenges? If so, how?
9. What, if anything, could you (or another team member) do to minimize these challenges in future activities?

## Strengths

10. Based on your overall experience with this activity, what do you think are your strengths as a facilitator?

11. If you co-facilitated, what do you think are your co-facilitator's strengths?

## Opportunities for improvement

12. Based on your overall experience with this activity, in what ways do you think you can grow and improve as a facilitator?

13. If you co-facilitated, in what ways do you think your co-facilitator can grow and improve?

**This tool has been adapted and is courtesy of Health Resources in Action (HRiA).**

*This publication was supported by the Office of Population Affairs (Grant TPSAH000006). The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*