

Reflection

TOOL TYPE: PROCESSING
RUN TIME: 60-90 MINUTES; PREP TIME: 15 MINUTES

ACKNOWLEDGEMENTS

Created for Futures for Inter-generational Equity.

NUMBER OF PARTICIPANTS

1-5 people

WHAT YOU'LL NEED

- Meeting room or virtual space;
- A printed or virtual whiteboard version of this PDF.

KNOWN APPLICATIONS

Communities of Practice;
Co-inquiry.

BRIEF DESCRIPTION

This tool fosters **reflection and learning**. It should be used after trying another tool from this collection. It helps a group discuss and process their experiences, their new insights and realisations, and the potential value of those insights. It can also optionally be used by individuals. It supports **collective learning via a structured conversation** tuned to raising awareness of the experiences of trying the exercise. It de-emphasises functional questions (e.g., 'did this work?') and instead calls attention to 'what happened' and any new insights or new questions the experimentation produced.

HOW IT SUPPORTS INTERGENERATIONAL EQUITY

The Futures Window supports intergenerational equity by promoting an attentive stance toward the potentials for change which helps in long-term futuring. It helps locate one's own values and concerns in the present, an intercultural competence.

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CONCISE INSTRUCTIONS

For groups:

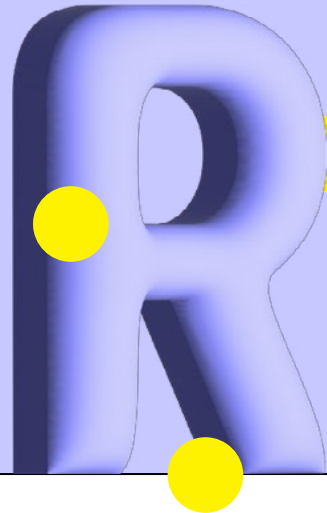
- Set a date for a reflection session with all colleagues who participated in experimenting with you using one of the tools. Ideally, it should be 1-3 working days afterward.
- Print or digitally bring one copy of the questions to the Reflection Session.
- At the Reflection Session, allow people to answer freely when they are ready. Ask a prompt question, and then ask, 'Who would like to go first?'
- After everyone answers a prompt question, move on to the next one.
- When all questions are addressed, thank everyone for sharing.
- Ask for a volunteer (or permission) to prepare and submit a 'Nourishing Feedback' based on the reflection session.

For individuals:

- Make a copy of the prompts (next page) and respond to them as a solitary exercise.

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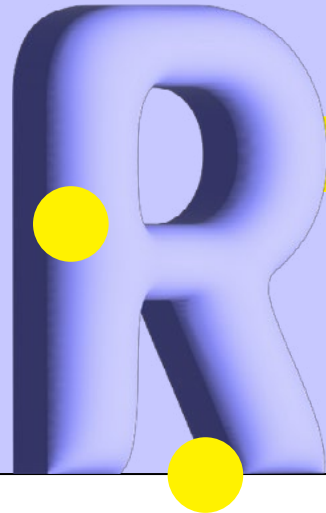
REFLECTION QUESTIONS

Thinking back to your experience from the exercise, what **stands out** to you now?

What **emotions** did you experience? During which parts of that session?

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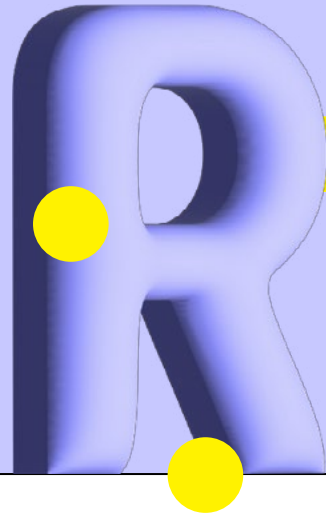
REFLECTION QUESTIONS

Did any **stereotypical thinking** arise? In what ways?

What, in your view, were the most **significant insights** for us about producing intergenerational equity in our work?

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REFLECTION QUESTIONS

How could this exercise could **help others** in the UN enact intergenerational equity ?

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EXPECTED OUTCOMES

- The group further develops and shares new insights from their shared futuring experience.
- Identifying any value from the experience can foster motivation to continue engaging the collection of tools.
- If a feedback is submitted afterward, based on their reflection, it can further tailor the tools to fit the needs of the UN system.

RESOURCES

- “Introduction to Communities of Practice: A Brief Overview of Its Concepts and Uses.” Wenger-Trayner. 2015. <https://www.wenger-trayner.com/introduction-to-communities-of-practice/>.

FEEDBACK

Help grow this collection. Give us your feedback.