

Instructions for Leading Significant Moments Reflection

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Significant Moments Reflection is a general technique for looking back at an experience and naming what stands out and why. By looking at what moments stood out and why, you can start to understand what you learned from that experience.

Steps

1. Leave at least 10 minutes to do this reflection.
2. Ask people to find their Significant Moments Log and record the date and activity at the top.
3. Basic instructions: “Thinking back over this session, what moments stand out for you? Remember that ‘moments’ can be long or short; negative or positive or neutral. Just those times that stand out in your mind as significant for whatever reason.”
4. Pause for a minute or so to let people think back on their experience. Follow up with: “Start writing down one of the moments that comes to you, and usually others will follow. For each moment, write a short description followed by why that moment was significant for you.”
5. Give people another 5 minutes. Ask “does anyone need a few more minutes?” If so, give another minute or two.
6. If there’s time, ask if anyone wants to share any of their significant moments. People can offer up one or more of their moments. This part is about witnessing, so you can say “Great, thanks. Does anyone else want to share one or more of their moments?”

Closing

- Ask people to tear off one copy of their significant moment log and hand it in to the process facilitator. They should keep the other copy for themselves.
- An analysis and synthesis of significant moments is interesting, but can take 30 minutes or more. If you do this, it helps to write each significant moment (or people’s top moment) on flipcharts to make them visible for discussion.