



International Congress on
Evidence-based Parenting Support

Online
6-8 June
2023

WORKBOOK TO PLAN FOR EFFECTIVE
ACTION POST-CONGRESS

ATTENDEE REFLECTION TOOL

This workbook will be your guide in
turning your Congress reflections and
insights into effective action!

PRESENTED BY



Advancing the science, policy and practice
of evidence-based parenting support
www.pafra.org

I-CEPS Reflection Tool

The I-CEPS Attendee Reflection Tool is designed to make the process of moving from ideas to action a little easier so you don't forget any important learnings across the course of the Congress.

You'll find that daily use of the planner will help you turn your learnings into effective actions following the Congress.

By the end of the Congress, you will have a navigation route to access further information about the topics that really interest you, and clear goals to enhance your practice. You will hopefully have made some valuable new connections and decided to form or join an action circle to create change!

Sincerely,
The PAFRA Team



International Congress on
Evidence-based Parenting Support

DAY 1

After each presentation take a moment to reflect and note down any important learnings or ideas

At the end of each day, review your reflections on individual presentations and write down one or two of the most important ideas that you intend to follow up after the Congress.

Write down any specific goals for action you intend to take.

List the name of at least one colleague to discuss the idea with. Sharing the idea will help consolidate your learnings and clarify your next steps to action.

Write down a time when you intend discussing the issue with your colleague (e.g. within 1 week).

DAY 2

After each presentation take a moment to reflect and note down any important learnings or ideas

At the end of each day, review your reflections on individual presentations and write down one or two of the most important ideas that you intend to follow up after the Congress.

Write down any specific goals for action you intend to take.

List the name of at least one colleague to discuss the idea with. Sharing the idea will help consolidate your learnings and clarify your next steps to action.

Write down a time when you intend discussing the issue with your colleague (e.g. within 1 week).

DAY 3



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After each presentation take a moment to reflect and note down any important learnings or ideas

At the end of each day, review your reflections on individual presentations and write down one or two of the most important ideas that you intend to follow up after the Congress.

Write down any specific goals for action you intend to take.

List the name of at least one colleague to discuss the idea with. Sharing the idea will help consolidate your learnings and clarify your next steps to action.

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