

ProuD!!! Challenging myself ...

Result of a ProuD! session

ProUD!: Pick-Up

What triggered you? What would you like to try in your own practice?

Take a note!

At work!

You might do the following:

- Continuing something with a new intensity,
- Reflecting on something you were already doing,
- Trying out something completely new.



FROM SMALL TO BIG



FROM RUNNING TO STAND STILL



FROM ALWAYS THE SAME
TO SOMETHING DIFFERENT

Source: www.onderzoekspraktijk.net

ProuD!: Documentation

Take a picture, write a piece of text ... Document what you have done:

Show it!