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.

Source: www.onderzoekspraktijk.net

ProUD! : Documentation

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

Show it!