Reflection Worksheet

Understanding Barriers to Participation

Think about your organisation.

Which barriers are most likely to affect participants?

☐ Language

☐ Cost

☐ Transport

☐ Time constraints

☐ Fear of discrimination

☐ Access to information

☐ Other: _____

Which barrier do you think is most difficult for participants to talk about?

Have you ever assumed that someone lacked motivation when another barrier may have existed?

☐ Yes

☐ No

If yes, what might have been happening?

What signs might indicate that a participant is facing barriers?

Examples:

- *Irregular attendance*
- *Arriving late*
- *Limited participation*

- *Avoiding communication*
- *Dropping out unexpectedly*

Your ideas:

Action Planning

What is one thing your organisation could do to reduce barriers?

Barrier	Action

Personal Commitment

One action I will take in the next month:

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