

Waste 2 Worth Design Thinking Empathy – Participant Reflection Sheet



Participant Name: _____

Session Title: _____

Date: _____

1. Key Learnings

What are the main ideas, tools, or concepts you learned during this session?

2. Insights & Reflections

What new perspectives or insights did this session give you about food waste, circular economy, or collaboration?

3. Application to Practice

How could you apply what you learned today within your work, organisation, or community?

4. Collaboration & Teamwork

What did you learn from working with others in your group?

5. Actions & Next Steps

What actions will you take after this session?

6. Additional Comments

Any suggestions or thoughts for improving future sessions?



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