

## DO IT YOURSELF HANDOUT SESSION 3

### Promoting Health Literacy with Free Information and Cool Tools from Your National Library of Medicine

#### Leading an empowering reflective conversation

1. An effective way to enable a person to move from information into health promoting action is to \_\_\_\_\_.
2. Three basic questions to guide an empowering reflective conversation are:  
What do you \_\_\_\_? What have you \_\_\_\_? What's \_\_\_\_\_?
3. *What do you want?* and *How will you know* \_\_\_\_\_ ? clarifies the person's \_\_\_\_\_.
4. *What have you got?* clarifies \_\_\_\_\_. Useful questions are *What is* \_\_\_\_\_? *What is* \_\_\_\_\_? *What is* \_\_\_\_\_?
5. *What's next?* clarifies \_\_\_\_\_. Useful questions are: What could you: \_\_\_\_\_ doing, \_\_\_\_\_ doing, \_\_\_\_\_ doing, or do \_\_\_\_\_?
6. A reflective conversation often starts with a \_\_\_\_\_. What the person cares about, and her motivation to change it, is behind the \_\_\_\_\_.
7. Asking questions, without giving advice and unsolicited information keeps \_\_\_\_\_ in charge of the learning.

**Empowerment:**  
ability to make a choice  
and transform that choice into desired actions and outcomes.

*World Bank*

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Group Reflection on Reflective Questioning (also called Teaching by Asking)

1. Think: Clarify your Best Possible Desired Outcome

*What do you want? How will you know you've got it?*

What would be different if we started teaching by asking?

For us

For families

For program

2. Link: Clarify the current situation

*What have we got?*

When do we already teach by asking?

What would support the change?

What's missing? In the way?

3. Respond: Commit to action

*What's next?*

*What do we want to stop doing?*

*What do we want to start doing?*

*What do we want to keep doing?*

*What shall we do differently?*

*Baby step(s) for this week:* \_\_\_\_\_

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The video training series "Promoting Health Literacy with Free Information and Cool Tools from Your National Library of Medicine" with related materials and resources are located at <http://www.healthliteracypromotion.com/Free-Training.html>

For more information and training on the three-question framework for an empowering reflective conversation see *TED\* The Empowerment Dynamic*, and *TED\* for Diabetes* plus info on training see [www.PowerofTED.com](http://www.PowerofTED.com)

*For information and training on reflective questioning:*

<http://www.beginningsguides.com/Training.html>

<http://lifeskillsprogression.com/home/training>

**Your Notes:**