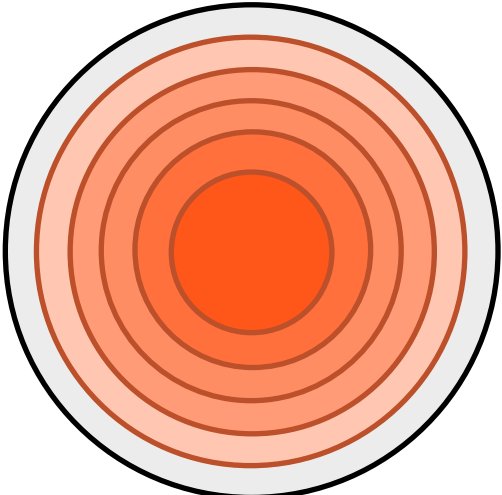


Onion Model for Core Reflection

Core reflection focuses on people's core qualities and their development by identifying and overcoming internal obstacles and limitations. In a person, several layers play a role that influence their performance: environment, behaviour, competencies, beliefs, identity and mission. Core reflection is aimed at promoting awareness of these core qualities as well as personal reflection on the relation between the various layers within oneself.

Template



The diagram shows a central circle with five concentric layers, each representing a different layer of the onion model. From the outermost layer to the innermost, the layers are: Environment (grey), Behaviour (orange), Competencies (orange), Beliefs (orange), and Mission (orange). The layers are arranged in a circular pattern, with the innermost layer being the smallest and the outermost being the largest.

Environment	What do I have to deal with?	What do I do?	Behaviour
		What can I do?	Competencies
		What do I believe in?	Beliefs
Mission	What inspires me?	Who am I as professional?	Identity

Source and further information: <https://korthagen.nl/en/focus-areas/core-reflection-multi-level-learning/>