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Breaking WEIGHT BIAS

**Promoting Health
without harming through
digital training tools**

**Project number:
2020-1-UK01-KA204-
079106**

Module 2. Weight bias in healthcare settings

REFLECTION





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This task is based on personal reflection. Write about how you have engaged with the course and how it has led to a change in your thinking about obesity, internalised weight bias, harmful practices, or communication. Second, write about how you might translate your understanding into action with the patient.

Key-points that you could take into consideration during your reflection:

- You may use phrases like "I used to believe that ..., now I think that ...", "My view changed because..."
- How might you use what you have learned to respond to obesity, internalised weight bias, harmful practices, or communication? How could you share your understanding with others?