

TAKING STOCK

1. What's been the most useful part of the programme?

2. What have you learnt about yourself?

3. What are your strengths, and how can you capitalise on these?

4. What's one thing you've learnt or been reminded of that you intend to put into practice over the next few weeks?

5. What's one thing you can put into practice or do differently in your role longer term?

6. What are the things you need to practise to make it easier for you?

7. Where do you need help or support from your colleagues?

8. What further development would help you longer term?

9. What's one thing you can do to help others?

10. What's one thing you will do starting tomorrow?

