



PERSONAL REFLECTION

Use this space to record your immediate reflections on the course and what you will do after the course. You may find it helpful to share these thoughts and test out your ideas for the future with others e.g. another course participant or your Tutor.

Have a go at completing the following sentences:

What I have appreciated about today is...

What has surprised me is...

What I am looking forward to using from today is...

One thing I will do differently after this course is...

Aspects of the course that I would like to feed back to the organisers are:

Main personal benefits for me are...

Key learning points for me are...

Key actions that I will do following the course are...

Points to follow up with my Mentor are...

Name: _____

Company: _____