



Keeping a diary while you are here

The following few blank pages are for you to use as a diary in which we hope you will record the way you experience this training course. Write about your impressions, your feelings, what you think was good, what you think was a waste of time, what was new, how what is happening here relates to your normal work and life etc. Don't leave writing till the end; try to write at least once a day - perhaps last thing in the evening is the best time. Daily entries will help to chart the changes in your attitudes.

The purpose of keeping the diary is to aid your own reflection and record your progress through the course. Beyond that, it is to give you the experience of creating a space for written reflection on your work. Feel free to discuss what you write with other trainees. But the course trainers do not require you to hand this in as feedback, so this can be completely private if you wish. On the other hand, if you want to share your thoughts with us, there will be a session at the end of the course when, besides completing a feedback questionnaire, you could read out an extract to make a point.

