

~~1~~ Had done action learning on Aurora & was interested to pursue this further.

😊 Nervous at the start. Worried that others in same institute might impact on confidentiality.
Soon learned to trust all.

😊 Mixed sets - found useful to get v. different perspectives on problems = v. positive

😊 Facilitator helped us to focus on "asking Qs" & to refrain from giving advice & solutions. I have a tendency to give advice so this helped me to refocus & to use these techniques in ~~the~~ work place.

😊 Learning-oh to
"ask for help"

😊 Giving self permission to step back from any given "situation" or
problem & take time

~~to~~

😊 Made me think more carefully about how others in workplace might be
feeling. ~~to~~ Tend to think "what might be behind" as a particular behaviour
i.e. do others have problems that should/could be addressed by eg. coaching
approach to line management.

😊 Feeling empowerment. Support. Empathy.

~~to~~ 😊 What do we do now without the support of an action learning set.