**Activity sheet 5 – Reflection and personal action plan**

**Activity**

Now you have completed this programme, it is a good time for you to think about how you can make use of your new knowledge. One way to do this is to complete an action plan. So, in relation to your recent learning, can you complete the chart below? What skills have you identified? What skills would you like to work on? Can you set goal/s and consider the resources available for you to do this? Finally, write a plan on how you will achieve this. The first column gives an example to guide you.

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| --- | --- | --- | --- | --- |
| **My current skills** | ***EXAMPLE****Recognising when residents have pain* |  |  |  |
|  |  |  |  |  |
| **Skills I want to work on** | ***EXAMPLE****Speaking to families to discuss how ill their family member is* |  |  |  |
|  |  |  |  |  |
| **My goals** | ***EXAMPLE****To be more open and honest when I have conversations (even though it is really hard)* |  |  |  |
|  |  |  |  |  |
| **My resources** | ***EXAMPLE****Support from my team and manager**Local hospice education runs sessions about communications**I am motivated to provide good end of life care for residents* |  |  |  |
|  |  |  |  |  |
| **My action plan** | ***EXAMPLE****Attend a challenging communication skills session**Observe my manager speaking with families**Ask for feedback from my colleagues**Have courage to talk to families when I know that things are not going well with the resident* |  |  |  |