Being a trainee representative

## Reflection on how your role is going

Use this template to reflect on the following points after you have settled into your role to help you decide what to do next.

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| **What is your role and what does it involve?** |  |
| **What aims did you set for yourself before you started? Are you making progress? Have you updated your aims, or should you?** |  |
| **What challenges have you faced in your role? How have you overcome them, or how might you?** |  |
| **What has gone well? What helped this go well?** |  |
| **What have you learnt about yourself doing the role?** |  |
| **What leadership skills have you used in the role?** |  |
| **How can you develop your leadership skills further while in your role?** |  |