Being a trainee representative

## Reflection on your time as a trainee representative

Use this template to reflect on the following points as you step down from your role:

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| **What was your role and what did it involve?** |  |
| **What aims did you set for yourself before you started? Did you complete them? If not, why was this?** |  |
| **What challenges have you faced in your role and did you overcome them?** |  |
| **What were your successes?** |  |
| **What did you learn about yourself during the role?** |  |
| **What leadership skills did you use in the role?** |  |
| **What would you like to do next?** |  |
| **How do you want to further develop your leadership skills moving forward?** |  |