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**Self Management Reflective Practice Session**

**Elgin Academy School, Elgin**

**9.00am - 12.30pm**

**Wednesday 13th Feb OR Thursday 14th Feb**

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| **9.00** | **Arrivals and networking** |
| 9.20 | Introduction and setting the scene |
| 9.40 | What’s your best story? |
| 10.00 | Real life examples – case studies |
| 10.25 | Brainstorm |
| 10.35 | **Comfort Break** |
| 10.50 | Challenges and solutions |
| 11.30 | Time for action |
| 11.45 | Checking back in |
| 12.00 | Feedback and evaluation |
| **12.15** | **Close** |

To book a place contact:

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Please leave your email address and date you can attend the course