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**SELF REFLECTION**

**TEACHING FILE 1**

**Trainee to complete at the end of first teaching phase and to be placed in Teaching File with PDR 1**

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| --- |
| Achievements during phase 1 with reasons for those achievements |
|  |
| Areas of performance which require further attention and why |
|  |
| Specific targets & actions (link to Professional Development Record 2) |
|  |
| Trainee’s Signature |
| Date |