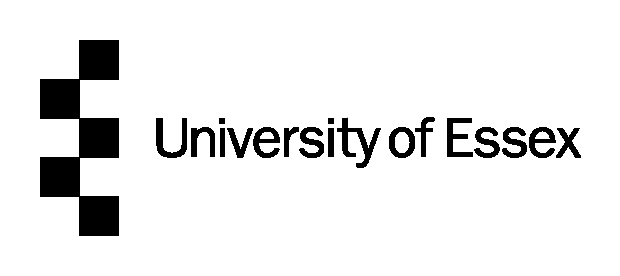


**Frontrunner Workbook**



**Professional Skills Workshop, February 2022**

**First Impressions Activity 1:**



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| **Notes:** |
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**First Impressions Activity 2:**

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| Notes: |
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| **My First Impression – Action Points:** |
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**Organising Myself at Work Activity:**

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| Reflections: |
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| Reflections: |
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| **Organising myself at work – Action Points:** |
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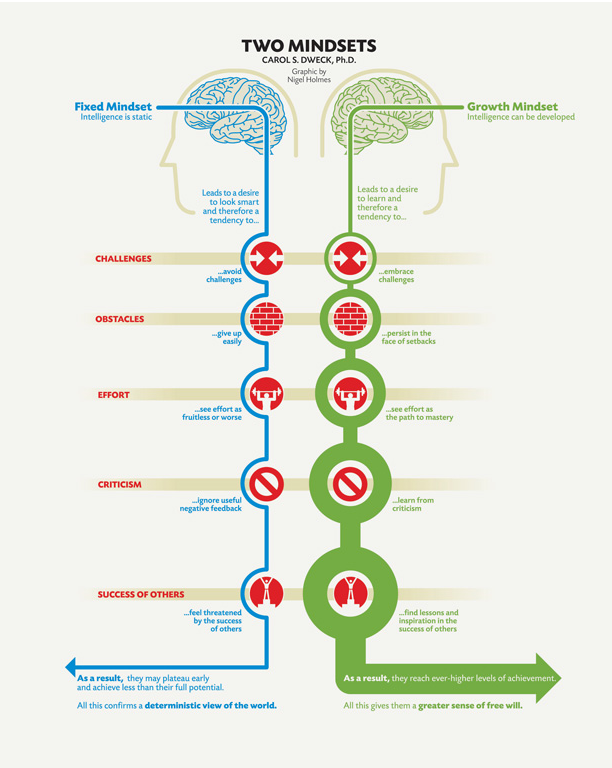
**Personal and Professional Development Action Plans:**

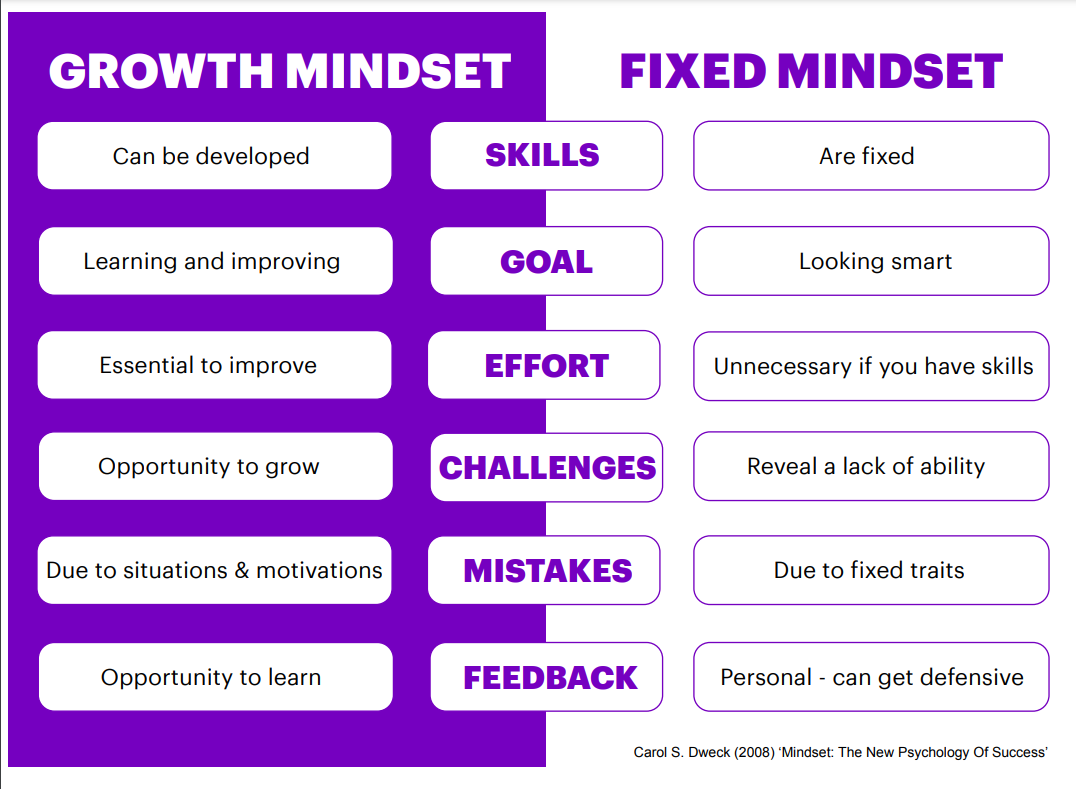
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| What I’d like to achieve in my placement: |
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| Reflections from the group: |
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| **Development Area** | **What do I need?** | **Who can help me?** | **How will I use this?** |
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**Growth Mindset:**





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| **Notes:** |
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| **Action Points:** |
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**Developing Good Working Relationships**

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| **Notes:** |
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| **Action Points:** |
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**Capturing your Learning:**

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| **Notes:** |
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| **Action Points:** |
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