

**Challenge**  
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# Stepping up to Management & Leadership

## Learning Log

## Your Learning Log

This interactive learning log is a place for you to keep track of the things you learn as you go through the programme. Whether it's key models, interesting topics of conversation, ideas from your colleagues or even something about the delivery that you think would be helpful to remember when you're communicating with your teams.

This is your document to use how you want. It's not reviewed, and the content is confidential between you and the trainer/coach. It can be a useful tool for discussing the programme with your line manager and allowing you the space to step back and reflect on where you're developing. Feel free to share this in your coaching sessions if it would be helpful, or to discuss it during your momentum sessions.

The space at the back can be used to note specific situations or scenarios where you applied learning successfully, or examples you would like to discuss in group sessions. It allows you to record what you learned in your everyday work and space to critically reflect on it.



## Kick-Off Session

### Topic / Big Ideas

### What I learned

Useful facts, key ideas, things you  
want to remember

### My reaction

Your reflections, thoughts,  
questions, connections

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### Things I want to consider/discuss in my coaching session:

Coaching Session One

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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# Trust and Belonging Session

## Topic / Big Ideas

### What I learned

Useful facts, key ideas, things you want to remember

### My reaction

Your reflections, thoughts, questions, connections

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## Ahead of your Momentum Session consider:

- What changes have you made and the impact of these?
- What are your successes?
- What are your challenges/barriers?

Momentum Session One

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Listen and Communicate

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Ahead of your Momentum Session consider:

- What changes have you made and the impact of these?
- What are your successes?
- What are your challenges/barriers?

Momentum Session Two

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Things I want to consider/discuss in my coaching session:



## Coaching Session Two

### Topic / Big Ideas

#### What I learned

Useful facts, key ideas, things you  
want to remember

#### My reaction

Your reflections, thoughts,  
questions, connections

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Coach and Develop

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Innovate and Inspire

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Things I want to consider/discuss in my coaching session:

Coaching Session Three

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Teach-Back Session

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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# Overall Programme Reflections

Topic / Big Ideas

What I learned

Useful facts, key ideas, things you  
want to remember

My reaction

Your reflections, thoughts,  
questions, connections

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Learning Notes and Reflections

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