

Challenge
the status
quo



Stepping up to Management & Leadership

Learning Log

Your Learning Log

This learning log is a place for you to keep track of what you learn as you go through the programme. It could be a key model, interesting topics of conversation from a session or ideas from your colleagues.

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 offer you the space to step back and reflect on where you're developing.

It can be helpful to share these in your coaching and discuss them 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 is also a place to record what you learned in your everyday work and a space to reflect.

It is broken down into the following sections.

1. Kick-Off Session
2. Coaching Session One
3. Trust and Belonging
4. Momentum Session One
5. Listen and Communicate Session
6. Momentum Session Two
7. Coaching Session two
8. Coach and Develop
9. Innovate and Inspire
10. Ideas for the Teach-Back Video Assignment



The sections follow your learner journey through the programme. In each session, you will consider and note your answers to the following questions.

- Topic / big ideas:
- What I learned - Useful facts, key ideas, things you want to remember
- My reaction - Your reflections, thoughts, questions, connections

The final section is for the teach-back assignment at the end of the programme. You will be given further information about this session at the Trust and Belonging Session.

KICK OFF

Topic / big ideas:

What I learned

Useful facts, key ideas, things you want to remember

My reaction

Your reflections, thoughts, questions, connections

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

TRUST AND BELONGING

Topic / big ideas:

What I learned

Useful facts, key ideas, things you want to remember

My reaction

Your reflections, thoughts, questions, connections

Post Work- Answers

MOMENTUM SESSION ONE

In preparation for your Momentum Session, consider:

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

Topic / big ideas:	
<p style="text-align: center;">What I learned</p> <p>Useful facts, key ideas, things you want to remember</p>	<p style="text-align: center;">My reaction</p> <p>Your reflections, thoughts, questions, connections</p>

LISTEN AND COMMUNICATE

<p>Topic / big ideas:</p>	
<p style="text-align: center;">What I learned</p> <p>Useful facts, key ideas, things you want to remember</p>	<p style="text-align: center;">My reaction</p> <p>Your reflections, thoughts, questions, connections</p>

In preparation for 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

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

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

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

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

IDEAS FOR THE TEACHBACK VIDEO

Topic / big ideas:

PROGRAMME REFLECTIONS

Topic / big ideas:

What I learned

Useful facts, key ideas, things you want to remember

My reaction

Your reflections, thoughts, questions, connections

Learning Notes and Reflections

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Teach-back Assignment Preparation and Planning

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