

**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**

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**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:**

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## Coaching Session One

**Topic / Big Ideas**

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**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**

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**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**

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**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**

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**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**

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**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:**

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## Coaching Session Three

### Topic / Big Ideas

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#### 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**

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**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**

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**What I learned**

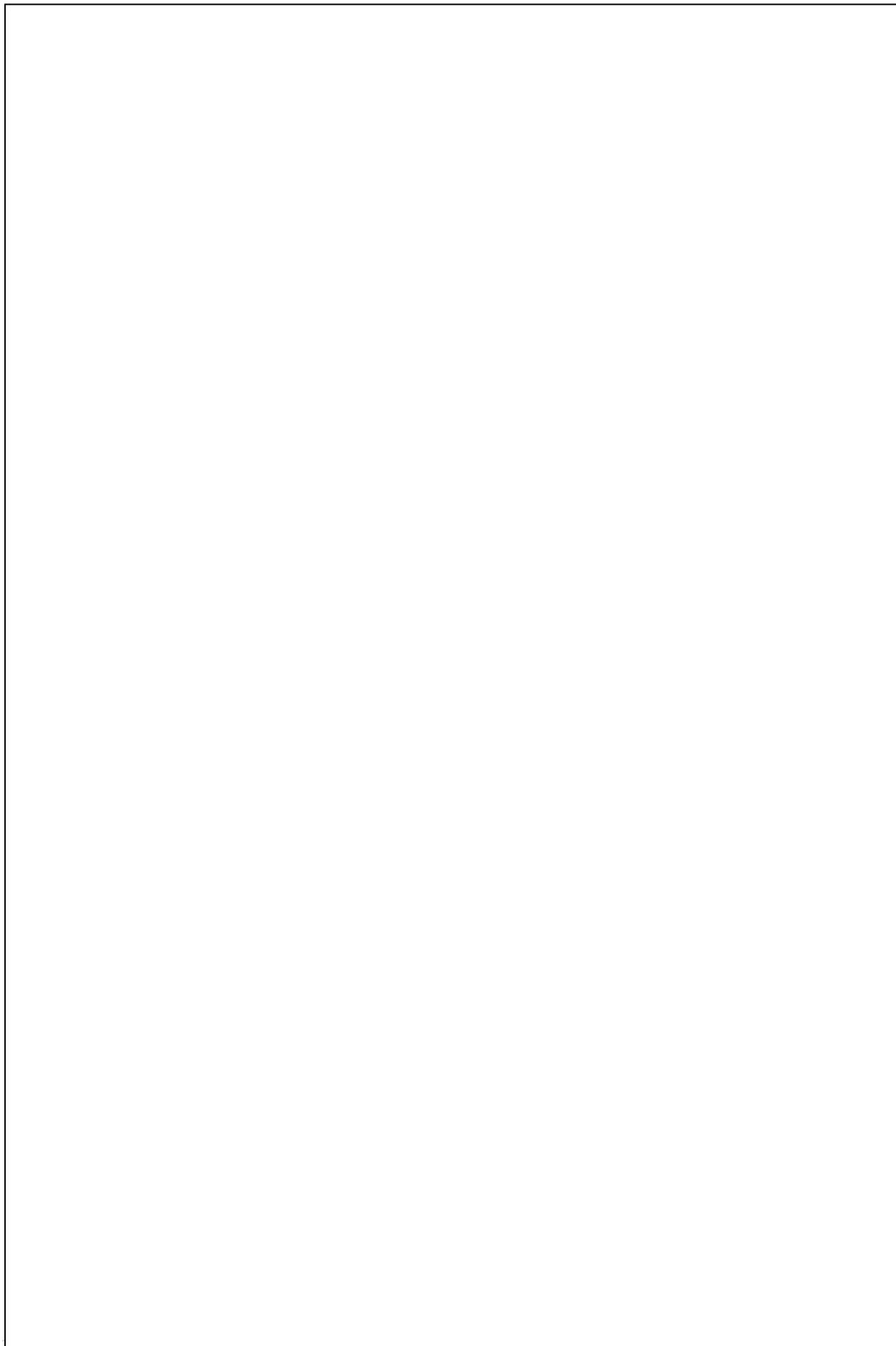
Useful facts, key ideas, things you  
want to remember

**My reaction**

Your reflections, thoughts,  
questions, connections

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## Learning Notes and Reflections



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