

ST1 home day 16/9/20

- 10am Intros + video from admin team
- 10:30 Draw a life map – any significant events as to why you are here now, things you may draw on in your practice. Experiences and influences that have been really informative to leading you to where you are now
- 11:20 break
- 11:30: Resilience
- 12:30 Lunch
- 13:30 Talk to someone you haven't met before about - bonding and familiar faces.
 - something you have been proud of
 - Something that has been a challenge and what strengths you used to overcome this
- 14:00 learning styles
- 14:30 Small Groups - discuss learning style
- 2:45 break
- 3:00 preparing for GP – Small Groups
 - what GP experience so far
 - What challenges - how is different to hospital
 - Main group
 - Poem
- 4pm finish