**Learning & Development - Participant Action Plan**

**Employee Wellbeing**

**\*Please note that this document is for your own personal use and does not need to be returned or shared.**

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| **Name:**  | **Date:** |
| **Course Name:** |
| **What did you enjoy most about the course and what did you find most relevant to you?** |
| **What really made me think was…** |
| **What will I do differently now and what will help me to achieve this?** |
| **Helpful suggestions to approach this exercise:**It can take time to introduce change, or to establish a new habit or routine. There are many different strategies to support this process, which you may wish to research further in your own time to find one that works for you.**You may wish to revisit this plan after 3 months to reflect on your progress.** |