Mentoring Reflective/Journal Log

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| Name: |  |
| Date: |  |
| Description of event: |  |

Record below in whatever format works best (e.g. text, mind map, pictures etc) your reflection of the activity based on the questions below.

Your reflection should demonstrate an awareness of power relations and any

diversity and ethical issues.

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| Exactly what happened and why do you think it happened in that way? |
| How did you, think, feel and behave as this was happening? |
| What did you learn from this experience? |
| What will you do differently in future as a result of this understanding? |
| Any further reflections and actions that you wish to capture? |