## Training Reflection Template

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| **Name** |  |
| **Title of Workshop** |  |
| **Date** |  |
| **Location** | **University of Southampton** |
| **Duration** |  |
| **Brief outline of the workshop as advertised** |  |

**To be completed BEFORE the workshop**

What are you hoping to learn/gain from this workshop?

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**To be completed AFTER the workshop**

What did you learn from this workshop?

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What might you do differently as a result of this workshop?

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