

*Session 1: Personal learning
journeys*

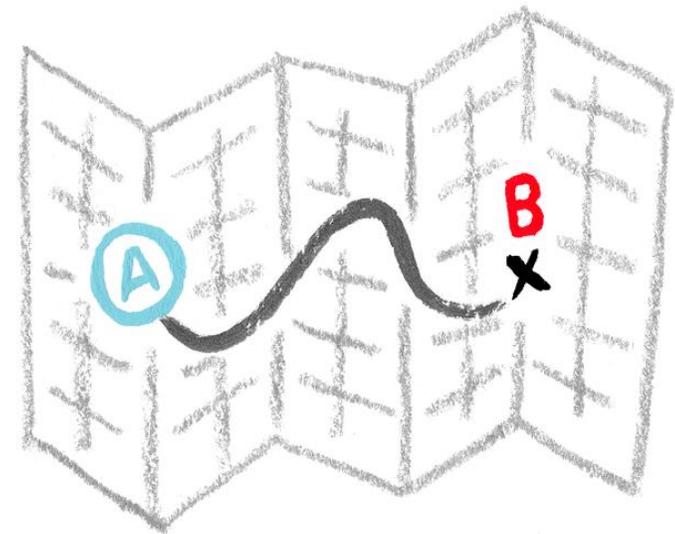
Breakout group discussions

- Provide the space and opportunity to pause, reflect and consolidate on what we have learnt over the past 6 months – both on the topic and what we've learnt about, and through, the Lab process.
- Important to reflect on what's gone well, as well as things that haven't gone as expected.
- Safe space to connect with each other and share learnings.

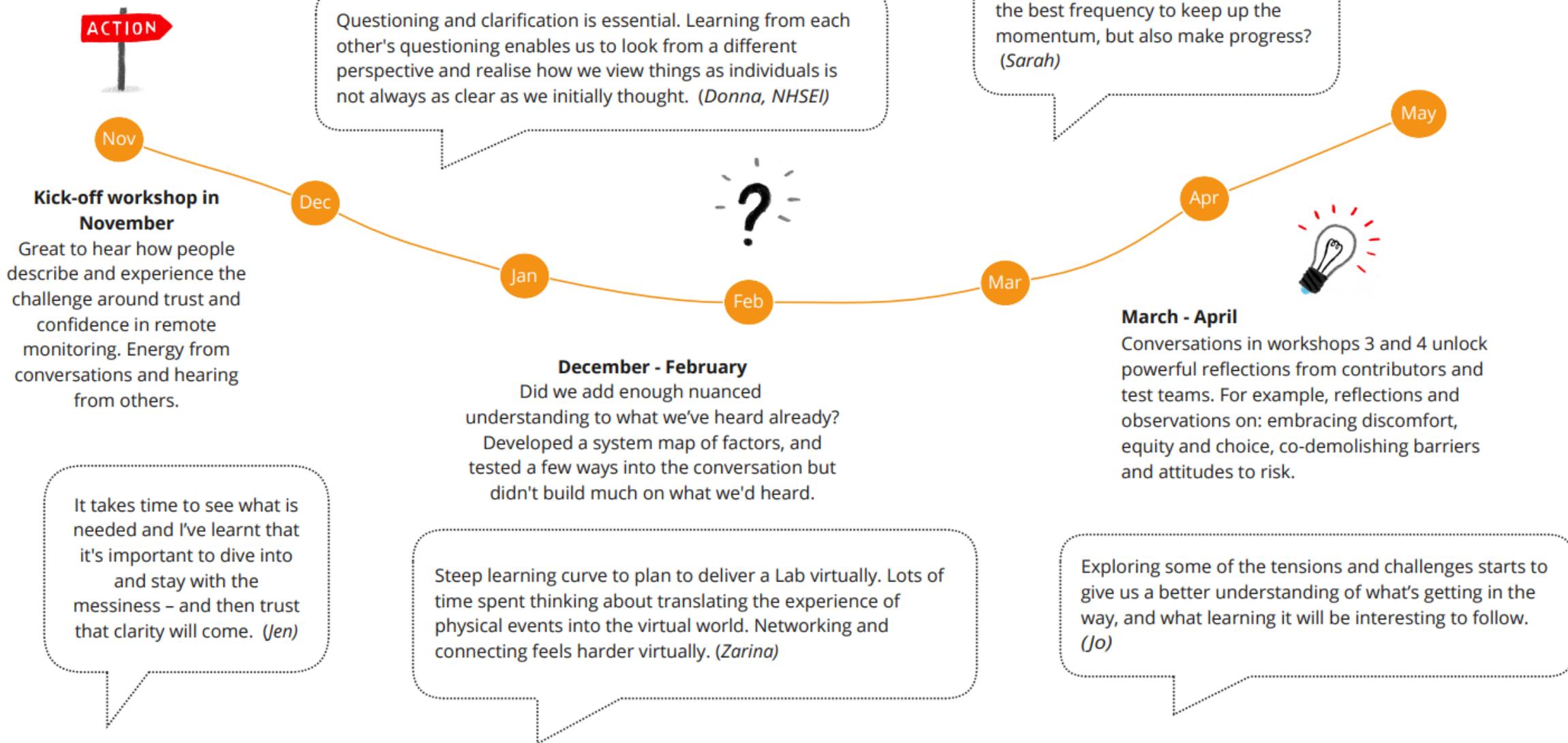


Personal learning journey

- Create a visual personal learning journey map of your experience of the Lab.
- This should start in November, and end where you currently are today.
- There is no right or wrong approach on how you complete this – do what works for you.



Q Lab UK - example learning journey



Completing your personal learning journey

Spend a few minutes reflecting on your personal learning journey over the past six months.

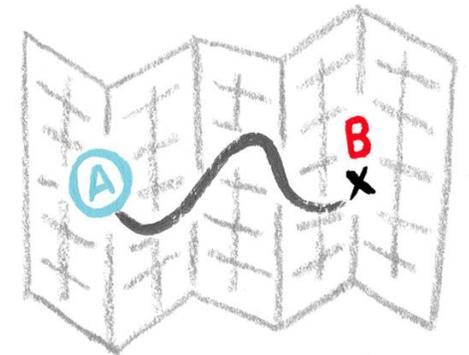
If you are part of a **test team**, this task is specifically about your personal learning through the process.

- What have you learnt through the Q Lab UK process?
- What have you learnt about the topic?
- Thinking about the wider system and context, what's influenced your thinking and your work?



You might want to consider...

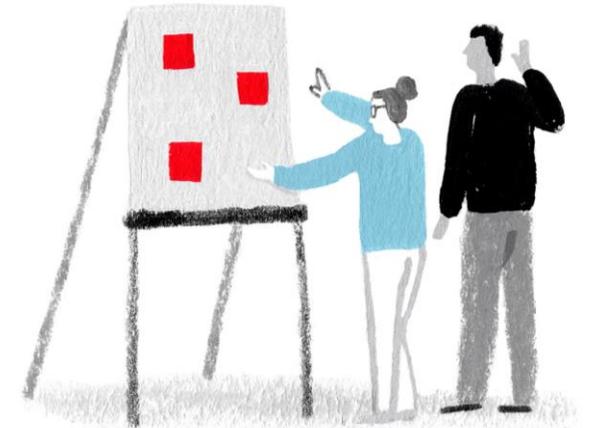
- ✓ Significant milestones
- ✓ Positive and negative changes – and enablers and barriers
- ✓ What's different for you now compared to when you started
- ✓ What this has meant for you professionally and personally
- ✓ Skills you've learnt
- ✓ What hasn't worked or gone as intended, and what you are you learning from that
- ✓ Any other relevant learnings that may be helpful for others/you will take into your future work



The above are just pointers – do what works for you

Breakout group discussions: Instructions

- **Step 1 (23 mins):** Each person introduces themselves and shares their personal learning journey for 5 mins.
- **Step 2 (20 mins):** Open group discussion to delve deeper into the journeys, share any further views or reflections with others and ask questions. *As listeners, what stood out for you hearing the journeys? Any patterns or themes?*

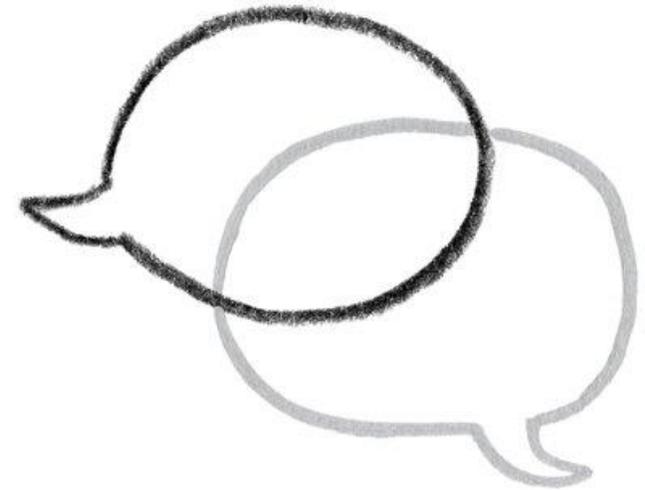
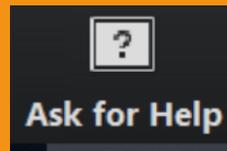


Move to your breakout groups ...

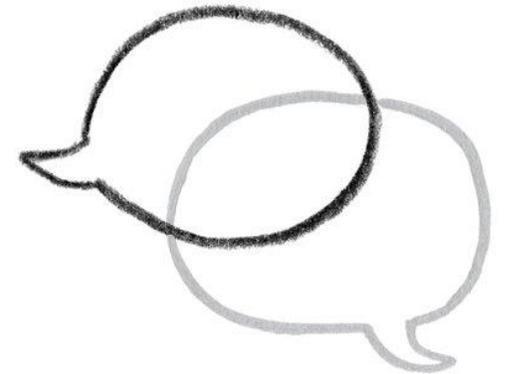
In your breakout room, you can ask for assistance at any time by clicking the 'Ask for Help' button in your toolbar

> Click 'Ask for Help'

> Invite Host



Sharing back



What stood out for you hearing the journeys?

Terminology used

The power of language ... "change" as a word that is positive for some and negative for others ... "evolve" might be a better term to bring people together

The need to take things back to first principles

'Letting go' as a project grows from a baby to a teenager!

The importance of the quality of relationships

The purpose of everything we engage in/evolve is to improve the quality of person-centred care

What is the role of values underpinning all of our work?

Being able to embrace the scale of a challenge

