

# Reflective Journal

## Cocoro Training

**What would you particularly like to remember from the course?**

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**Are there any changes you would like to make to your setting, environment or practice? How do you plan to do this?**

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**What would you like to share with your colleagues as a result of this training?**

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**Are there any areas you would like to explore or research further?**

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**Do you feel any differently about the topic having watched the online training?**

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