

Study Session log

| Date | Present | Topics Discussed / Skills Practiced | Actions to Take | Duration |
|----------|---|--|---|----------|
| 01/10/21 | Chris Chippendale Suzanne Barth Lucy Lombardi Thomas Kent | Introduction Statements - confident delivery, avoiding jargon <ul style="list-style-type: none"> • Practised and gave feedback Practitioner Characteristics <ul style="list-style-type: none"> • moderating your energy • how to appear confident when outside your comfort zone | <ul style="list-style-type: none"> - Revise and practice statement with patients. Ask 2 friends for feedback - Practice lowering my energy and exhibiting calm with patients - Avoid nervous talking to fill silence with patients | 1 hour |
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