

Workshop diary: We would like you to keep a note of any ideas you have about what we have discussed in the workshop sessions.

If you agreed for us to prompt you for these when you completed the introductions survey we will do this every now and again, but otherwise please let us have any notes you make before the next session by emailing _____

You can use this table, or if you prefer, just make your own notes. Notes can be as brief or as detailed as you want. Please do not include any names or other identifiable information about anyone else. You do not have to identify yourself if you prefer not to.

We will include notes you send us in the research study as data. Please ask us if you want to know more about this.

Reflection or example: Use this column to describe your ideas or what happened. Difficulty/Disturbance/Surprise/Problem	Describe your experience of situations like this – how do you feel, what do you think?	What would good look like in this situation?	What ideas do you have for reducing problems or challenges in the situation?