

Exercise 0.2

Exploring your own personal/professional story

- Foundation
- No
- Medium

Now, in this foundation exercise, let's begin to explore your own story. You can complete this activity with a colleague, or if that's not practical or comfortable, on your own. If you are not comfortable with a section/question, reflect upon why you found that uncomfortable, and how a patient/citizen might feel about the same section/question.

0.2.1

What is your personal narrative in terms of your role as a carer/healthcare practitioner

What do you do – describe a typical day and the activities that you engage in.

How did your role as a carer/practitioner develop?

What do you think is the most important thing that you do for the patient/citizen?

How do you feel about your role as a carer/practitioner?

How has your relationship with the person you care for/patient you look after changed over time?

What aspects of being a carer practitioner are the most challenging for you?

What barriers do you face in having this role as a carer practitioner? What would help you to overcome these?

0.2.2

Reflect on how was this narrative process for you

Which sections or questions (if any) did you find challenging or difficult to answer? Please explain why.

Are you often asked to reflect on your role as a healthcare practitioner? If so when/where/why is this so?