**Overall reflection**

Being on this placement has been a very insightful experience, not only have a learnt about non clinical aspects of work within the NHS as allied health professionals but I have also learnt a great deal about myself on this placement. It was a great way to complete my placement, as it allowed me to explore aspects of myself that I may have not been able to express in a clinical environment.

At the start of the placement, I was reluctant on all the presenting ideas, podcasting and I definitely wouldn’t have agreed on doing a live webinar but throughout the placement, I was able to explore some of my styles such as leadership and personality and sharing this with my peers which allowed us to work well as a team knowing each other’s strengths and weaknesses. I believe understanding areas that were barriers to me and the team work with my peers has allowed me to grow in confidence in this placement.

I wasn’t too sure on what we would produce on this placement, initially things were all up in the air but once we had set out our goals and topic ideas everything seemed to fall into place, with the idea of networking being prompted to us a lot, it has allowed us to really develop our resources, meeting people in senior positions and presenting our project and gaining advice and interest from them has been beneficial to the project and myself, as I have learnt how to conduct myself and has improved my communication skills in these settings. As well as this we have created future relationships with these people who can provide support to future students on this placement. I am pleased with work we produced in the placement and interested to see the future use of it, hopefully making a change in practice.

Overall I have enjoyed the placement and appreciated the support from my educators who have allowed us create this toolkit and as well giving us the opportunity to present our project to a variety of people and meeting new people. I have worked with students from a different university, on a different course and people on my course who I haven’t worked with before and it's encouraging to see everyone coming together to try and promote change.