**Learning from mistakes**

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| Evidence of competence in learning from my own mistakes  |
| **1** The best example. |  |
| **2** Context: brief details of the circumstances. |  |
| **3** The mistake(s) that I made on this occasion. What circumstances led to the mistake/error of judgement? How Idiscovered the mistake. |  |
| **4** Level of responsibility on this occasion. The scale and scope of the issue. |  |
| **5** Personal contribution: what I did. |  |
| **6** Who else was involved on this occasion – and what they did. How I involvedor worked with others. |  |
| **7** What I did to manage the pressure and stress for myself and others. |  |
| **8** The outcomes of my actions or involvement. How I took responsibilityfor my own actions |  |
| **9** What, if anything, was positive about my contribution? |  |
| **10** What lessons did I learn from this occasion? |  |
| **11** What would I do differently on another occasion? How I acted differently on a second occasion. |  |
| **12** How typical is it for me to use a reflective approach to improve myperformance? |  |
| **13** Brief details of a recent (or second) example. |  |
| **14** Brief details of a third, preferably contrasting, example. |  |
| **15** How could this competence be applied to other situations? |  |
| **16** How do I measure my success for this competence? |  |