



Appendix 8

For use in Session 5

Moving Forward

Please spend some time thinking about the last few weeks and come next week prepared to share your thoughts on the following questions:

Why did you decide to come to Riverbank Course?

What did you expect to gain from the sessions?

What did you enjoy most about the sessions?

Have you set any goals?

Is there anything you would like to be doing differently in six months' time?

“A journey of a thousand miles begins with a single step”
(Chinese proverb)