

Numark Core Leadership Modules

Post course commitments

Solution focused thinking

To ensure you get the most from this module, we recommend you take personal responsibility to implement your learning back into your pharmacy to achieve real benefit from attending. Think about what you have learnt, what you could do differently to improve things for yourself, your team and ultimately the business.

Your commitments

Please complete **ONE** of the commitments below **OR** if you have a specific action you would like to do that is not listed, then write your own personal commitment in the box below.

- Solution focus your thinking:** take a current problem/issue you are dealing with. Consider your current attitude to this problem and ask yourself have you been positively focused on finding a solution? Imagine what the ideal outcome would be and start to look at ways to achieve it. Look at what you have done previously to manage other problems. Who could possibly help you? Challenge your assumptions and determine at least 2 actions to move you forward to start with.

- Think creatively:** Take an issue within your pharmacy where you feel things would benefit from being done differently. Involve your team to carry out some of the creative thinking techniques to generate potential ideas, challenging assumptions and possible groove thinking.

- My personal commitment:**

Remember to review the commitment you put into action and see what you have learnt from it. Consider what went well, what you might have done differently or where you may need further support or advice. The learning log attached will allow you to record your learning.

What I did to complete my commitment

What I learned from this

The benefits I have seen

How I will use this in the future