

## NELA Leadership Course.

I undertook the NELA Leadership Course with a little trepidation. It was a step into the unknown.

Would I be exposing myself to embarrassment, by undertaking something that I was unprepared for? Would I be a fish out of water?

Maybe, but I wanted to understand the structure of our NHS and this seemed a good way of doing that.

The aim of the course is honourable in that it was aimed at people wanting to take an active role in driving changes in the NHS for the better.

There were two facilitators, who put everyone at ease very quickly, and went on to try and empower the whole group with the tools to self-assess, decide where we are now and look at what it is we want to do. As well as understand the structure of the NHS.

After the third day I had a better skill base than when I started. It has given me the push to address the way I approach the role of Volunteer. I finished the course with a clearer view and a couple of Aims. Although the course was not difficult or taxing it was enjoyable and did give me some focus.