**A Reflective Template for Exploring your Experience as a Medical Appraiser**

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| **Think for a few minutes about your experience as a Medical Appraiser. What sticks in your mind?** |
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| **What aspects of being an appraiser have you particularly enjoyed?** |
| What has been satisfying about the job? Have any appraisals been particularly rewarding? If so, why? |
| **What aspects of being an appraiser have been less enjoyable or more difficult?** |
| Have there been any particularly difficult appraisals? What has been most challenging about the role? |
| **What have you learnt as an appraiser?** |
| Have you changed any aspects of your practice as an appraiser as result of your experiences both positive and less positive? |
| **Is there anything you intend to do differently as an appraiser in the coming year?** |
| How will you assess whether any changes you plan to make have had any impact? |