

**Welsh Athletics #Unite Virtual Clubs Conference 2021**

We want you to make the most out of the conference, use the below to capture thoughts from the day or to set yourself and your club some achievable goals.

Use these boxes to capture your personal goals.

*1 thing I have learnt today. . .*

*1 thing I will start to do following today. . .*

*1 thing I will do less of following today. . .*

*1 thing I will continue to do following today. . .*

Use these boxes to capture 2 things you will take back to your club and action.

*Action 1*

*Action 2*

Please use the rest of this page to make any notes.