**INSIDER INSIGHTS EVALUATION FORM**

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| **Personal Details**  **Name:**  **Job Title:**  **Service:**  **Host (Person/Department/Office):** |
| **What did you learn from the work shadowing about x office/service that you did not know before?** |
| **Write down at least one idea/action/technique that you could put to use in your own work** |
| **Identify any potential collaborative activity that has arisen as a result of this initiative** |
| **Would you recommend work shadowing to your colleagues?** |
| **Please add any additional comments about your experience of work shadowing** |

Please email a completed copy of the form to your line manager, host and [insiderinsights@ucc.ie](mailto:insiderinsights@ucc.ie)