



THE BURNT CHEF
PROJECT

End of Service Checklist



TAKE A MOMENT TO THINK ABOUT TODAY



ACKNOWLEDGE **ONE** THING THAT WAS
DIFFICULT AND LET IT GO



BE PROUD OF THE SERVICE YOU GAVE TODAY



CONSIDER **THREE** THINGS THAT WENT WELL



CHECK ON A COLLEAGUE BEFORE YOU LEAVE:
ARE THEY OK?



ARE YOU OK? YOUR SENIOR TEAM ARE HERE
TO LISTEN AND SUPPORT YOU



NOW SWITCH YOUR ATTENTION TO HOME:
REST AND RECHARGE

FOLLOW ON SOCIAL MEDIA



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