WhatsApp message from Associate Andy Lee to a new associate, reproduced here with Andy Lee’s permission

You can do it mate, it was strange for me at first and i had alot of bad habits, my last ride the observer was so happy with me because he could see how much I have changed from when I first started to how I am now, they all have there different ways in advising you on how you can improve on things, listen to everything they all tell you and try it when ever you go out on your bike, you can always practice between sessions, i go to a car park sometimes when its quiet and try slow manoeuvres and emergency braking, found a road near me that has lots of roundabouts and practiced on them when the roads are quieter. Read the course material and any reports they send you from your sessions and try practice on what they recommend  between sessions mate.