**Introduction:**
In clinical practice, when harm or potential harm occurs to patients, this can adversely impact upon the morale of staff involved and thereby affect clinical care delivered to subsequent patients. The personal narratives behind clinical incidents contain learning opportunities and individuals involved may reflect on the course of events and make changes to their practice to avoid recurrence. The aim of this study was to evaluate whether sessions enabling trainees to discuss their mistakes in a confidential environment improved trainee morale and safe clinical practice in an anaesthetic trainee cohort.

**Methods:**
We conducted a survey amongst anaesthetic trainees in a London teaching hospital before and after a monthly, hour long, confidential, semi-structured, trainee lead “confession session” was introduced.

**Results:**
Initial results demonstrated that 68% of respondents (N=30) had made a mistake resulting in patient harm with 84% of these individuals describing negative feelings about themselves as a consequence. Additionally, 97% of respondents had made a mistake causing a near miss, with 96% of these describing negative feelings as a result. Of note, only 55% of respondents felt comfortable discussing errors with more senior colleagues, whilst 78% felt comfortable discussing errors with their peers. A follow-up survey identified that 100% of respondents (N=13) agreed that the session had the potential to improve clinical practice and trainee morale with 77% agreeing that their own clinical practice had improved from attending the sessions.

**Conclusion:**
Clinical mistakes leading to harm and “near misses” are common and provide opportunities to improve care. This trainee lead “confession session” appears to improve trainee morale and may improve patient care by encouraging trainees to engage in a process that seeks to understand error through sharing stories in a non-judgmental setting.