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| **CONTINUING PROFESSIONAL DEVELOPMENT – REFLECTIVE PRACTICE** |
|  |  |  |
| Name: | Enter your name here |
|  |  |
| CPD activity: | Enter what CPD you did here |  |
|  |  |  |

Complete one of these sheets for each CPD activity you do. It will help you reflect on your learning and how new skills or knowledge can be applied to your professional role.

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| **Before the activity** |
| **What was the key reason for you choosing to undertake this activity?** |
| **During the activity** |
| **What were the key takeaways or ideas for practice you thought of?****What was the most relevant part in relation to your role?** |
| **After the activity** |
| **What were the significant learning points did you get from completing the activity?****How could you apply the learning to your professional work?****How could you build on the learning?****What learning could you share with your colleagues?** |