CPD LEARNING TOOL
EVIDENCING YOUR LEARNING

This activity equates to **8** hours of CPD

Please answer the following questionsto complete the learning reflection tool. This exercise enables personalised reflection on your learning outcomes and helps record your CPD for a professional body or employer.

Before the activity:	What was the key reason for you choosing to undertake this activity?
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During the activity:	What were your key learning points, ideas for practice, or lightbulb moments?
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After the activity:	What content was most relevant to your role? And how could you build on your learning?
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Significant learning outcomes:	Reflecting back on your learning, please list the key learning outcomes (for your Employer or professional body...)
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