

CPD LEARNING TOOL

EVIDENCING YOUR LEARNING

This activity equates to 8 hours of CPD

Please answer the following questions to 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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