



Evidencing your Learning (Optional for Professional CPD Records)

Now you have completed this CPD activity, please reflect and complete the following questions. These will help you reflect on the learning that can be applied to your role, and how to record it for formal CPD purposes in terms of learning outcomes:

Before the activity:

What was the key reason for you choosing to undertake this activity?

During the activity:

Were there any key takeaways or ideas for practice you thought of?

What was the most relevant part in relation to your role?

After the activity:

How could you build on your learning?

What could you share with your colleagues?

Significant learning points to transfer to a CPD record if required: