

Reflection Statement

Date of CPD:		Date of reflection:	
CPD title:			
Describe the CPD you have completed:			
<ul style="list-style-type: none"> What was the format of the CPD? Did you complete this on your own or with others? 			
Why did you complete this CPD?			
<ul style="list-style-type: none"> CPD should be linked to your personal development plan 			
What were the learning outcomes?			
<ul style="list-style-type: none"> What knowledge, skills or insights did you gain? Did the CPD allow you to achieve the anticipated learning outcomes? If so how? If not, why not? 			
How will this CPD impact your role in the LOC?			
<ul style="list-style-type: none"> Can you put into practice any learnings from the session? What benefits will this bring for your LOC? 			
Has this CPD highlighted any further learning or development needs?			
<ul style="list-style-type: none"> Consider if learning needs have been highlighted for yourself and for others How will you address these needs? 			
Any further reflections?			