

## Reflective Account – Continuous Professional Development

Reflective practice

Name:

Date:

Reflective Account:

**What was the nature of the CPD activity? This could include (for example) formal training, informal coaching, shadow shift, work practice, professional discussion, research or further reading**

**What did you learn from the CPD activity?**

**How will this impact on your practice as a result? (eg; new approaches)**

**Has this learning highlighted other areas you feel you would benefit from developing further?**

**Action Plan to meet development needs**

- 1.
- 2.
- 3.