

Reflective writing template for CPD/Learning Event

Date of event:

Where:

Time:

Title:

Provider:

Learning activity: *tick or circle the type of learning activity*

- Lectures ☐ Seminar ☐ On-line ☐ Practical course ☐ Practice meeting ☐ Peer review ☐
- Reading journal or book -
please specify

REFLECTIONS.

1. What did I learn from this event?
2. What will I do differently as a result of the event?
3. What will I do more of as a result of the event?
4. What will I keep doing as a result of the event?
5. What will I do less of as a result of the event?
6. How will I know I have implemented changes as a result?
7. Did this learning event cover the areas I thought it would?
8. If no, what future learning have I planned to address this?

Comments: