Workplace Hero

FREE RESOURCE

CPD reflective account

A structured reflection on one learning activity. Use one sheet per activity.

Name		Role		Date	

What did I do?

Describe the activity: a course, a conversation, an article, something that happened in practice.

So what did I learn?

What was new, surprising or challenging? What does it mean for your knowledge and skills?

Now what will I change?

What will you do differently in your practice, and how will you know it has made a difference?

Link to standards or requirements ..... Hours .....

Keep your reflective accounts alongside your CPD log online, with dates, hours and evidence attached: workplacehero.co.uk/cpd-record-template