**Template for CPD reflection**

name:

membership number:

Please complete the below reflection for at least two CPD activities per year, and any over five-hours long.

**Description of CPD Activity**

**What did I learn from this Activity?  
(Recommended 50 to 100 words)**

**How will I apply this learning to my work?  
(Recommended 50 to 100 words)**

**How will I further develop this learning to meet any gaps in my knowledge, skills and understanding?  
(Recommended 50 to 100 words)**