

A reflective learning log sheet.

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| Name: | |
| 1. Name of event: | |
| Date: | |
| Duration: | |
| 2. a) What was the learning activity? b) What strengths do you already have in relation to the learning? c) What were the most useful/important learning activities for you, & what insights did you gain from the activity? | |
| 3. How will you apply the learning to your work? | |
| 4. What challenges, if any, remain & do you have any further training needs? | |
| Signed: Date: | Signed: (Employer's CPD officer/Line Mgr) Date: |