**Reflection point**

Reflective learning will help you:

* review an experience or learning and development activity and consider how you can use the learning/skills in your daily working practice.

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| An area of knowledge I have been particularly struck by is: | I can use this knowledge in the following areas: |
| An area I would like to improve my skills/knowledge on: | I will be able to use this in the following areas of my work: |

**Action plan**

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| --- | --- | --- | --- |
| What will I do? | What support/information will I need? | How will I measure progress and success? | When? |
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