

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.

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

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