



## RCOG Personal Reflection Template

Name	Role
Date of the activity	Date reflective note completed

### Title and description of the event

- Why was this activity selected for CPD?

### What did you learn?

Describe how this activity contributed to the development of your knowledge, skills or professional behaviours. You may wish to link this learning to one or more of the GMC Good Medical Practice domains to demonstrate compliance with their principles and values, i.e.:

- Knowledge, skills and performance
- Safety and Quality
- Communication, partnership and teamwork
- Maintaining Trust

**Describe here ways in which *your own behaviour* will change as a result of reflecting on this event and give a timescale for your actions**

- How have your knowledge, skills and professional behaviours changed?
- Have you identified any skills and/or knowledge gaps relating to your professional practice?
- What changes to your professional behaviour have you identified as desirable?
- How will this activity or event lead to improvements in patient care or safety?
- How will your current practice change as a result?
- What aspects of your current practice did you feel were reinforced?
- What changes in your team/department/organisation's working have you identified as necessary?

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**Have any other issues come out of the experience/event?**

- If further learning and development needs have been identified how do you intend to address these?
  - Set SMART objectives for these (i.e. Specific, Measurable, Achievable, Relevant and Time-bound);
  - Can you identify any further *specific needs* to discuss with your appraiser for your personal development? If so then you must include these in your appraisal submission and reflect them in your PDP

	<b>Learning needs</b>
<b>S</b>  <b>M</b>  <b>A</b>  <b>R</b>  <b>T</b>	<b>Objectives</b>