

## CPD Self-evaluation and Reflection Tool

### Personal details

Name	
Mobile	
Email	

Identify and describe the activity you completed which you are reflecting upon.

### Identify

Identify your area/s for reflection as a result of completing an activity. Tick all relevant boxes.

- |  |  |
|--|--|
| <input type="checkbox"/> Clinical skills               | <input type="checkbox"/> Judgement                 |
| <input type="checkbox"/> Communication                 | <input type="checkbox"/> Decision making           |
| <input type="checkbox"/> Teamwork                      | <input type="checkbox"/> Culturally safe practice* |
| <input type="checkbox"/> Addressing health inequities* | <input type="checkbox"/> Professionalism*          |
| <input type="checkbox"/> Ethical practice*             |  |

\* PACE objective

### Reflect

List areas of your current practice in relation to this activity, that you feel may be able to be improved.

### Evaluate

What did you learn from this activity that can be applied to your practice going forward?

## Set goals

What follow-up, changes or improvements do you intend to implement as a result of the information you gained?

*Note: You may wish to add these to your Professional Development Plan (PDP).*

