**2.1 Proforma for Reflective Practice: Education Sessions**

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| **Title** |  |
| **Date** |  |
| **Venue** |  |
| **Organiser** |  |

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| **Describe your CPD activity** |
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| **Why did you decide to undertake this CPD activity?** |
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| **What did you learn by undertaking this CPD activity?** |
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| **Describe how you have applied/intend to apply this CPD activity to your practice:** |
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| **Describe the benefits for your service user(s) and your service. What challenges did you identify in implementing this change? How are these being addressed?** |
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**Acknowledgement**

The prompt questions are there to help guide your reflection, use them if they are useful. They are based on a model suggested by Rolfe, Freshwater and Jasper, 2001, after Borton, and further refined by the BDA Professional Development Award assessors.

**Reference**

Rolfe, Freshwater & Jasper, Critical reflection for nursing and the helping professions; Palgrave, Basingstoke, UK, 2001. ISBN 0-333-77795