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| Name of activity |  |
| Date of activity |  |
| Type of activity(only select ONE)  | **Group A –** **workplace learning**case review, incident reflection, staff education meeting, in-service training, audit, project, rotation/shadowing | **Group B –** **structured learning**external conference session, course, seminar, lecture, assignment or lecture for a qualification | **Group C –****self-directed learning**published article review, educational website, research activity, lecture preparation |

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| Describe the activity - please write 2-3 sentences outlining what the activity involved and your involvement in it. |
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| What did you learn – please write a paragraph showing what you learned. Review the activity if necessary and be specific. |
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| How will you apply this to your practice – write a short paragraph describing any impact the activity could have on your practice. |
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For any activity EITHER obtain signoff, OR attach evidence.

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| I verify this activity as being valid for CPD purposesVerified by:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Designation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Evidence attached relating to this activity: |