Supporting reflective practice document

FHT Webinars

To gain your five CPD points please read and complete the following supporting reflective practice document which includes questions for you to reflect on the webinar. Please work through the document, save it in your CPD portfolio and award yourself five CPD points.

|  |  |
| --- | --- |
| Name: | Membership number: |
| Therapies which this reflection relates to: | Date reflection completed: |
| Webinar title: |

|  |
| --- |
| What content was covered in this webinar which was significant and sticks in your mind?Write your answer here (min 100 words): |
| How did you feel about the webinar? What was the most important issue that it raised to you?Write your answer here (min 100 words): |
| Was there anything that you thought could have gone better? How have you learnt from this?Write your answer here (min 100 words): |
| How has this developed you within the therapy/therapies that you practice? What will you do differently in the future? Do you feel more or less motivated for the future?Write your answer here (min 100 words): |
| Could you suggest any additional opportunity for your future growth and development?Write your answer here (min 100 words): |