

Reflection: After a Training Session

USE AFTER A COURSE, WEBINAR, LECTURE OR TAUGHT CPD SESSION

NAME

DATE

SESSION TITLE

PROVIDER / TRAINER

DURATION (HRS)

FORMAT (IN-PERSON / ONLINE / SELF-DIRECTED)

Key content covered

A few bullet points is fine — this is a record, not an essay.

Most valuable takeaway

If you only remembered one thing from this session in six months, what should it be?

How does this apply to your own practice?

Did this reveal any gaps in your existing knowledge?

Follow-up actions

Anything to read further, practise, or ask about.

EVIDENCE OF ATTENDANCE KEPT WHERE (CERTIFICATE, CONFIRMATION EMAIL, ETC.)

SIGNATURE

DATE COMPLETED

Practice Makes Perfect — FREC4 to FREUC5 Clinical Development Programme.