



Reflection Tool

Use this tool to reflect on your learning and support with your continuing professional development.

Name:

Event:

Date:

Personal learning objectives:

Summary of the areas covered:

- Key learning points/new information learned?
- Discussion points/varying opinions raised:

Outcome, practical application and actions:

- How does this fit in with your current practice/understanding?

- How will this new information change or add to your current practice?

- Does this new information highlight any strengths in your current practice?

- Are there any areas for improvement or new strategies you could use in practice/your day to day role?

- Have you identified any further learning needs? How might you address these?
 - Who can support you to achieve these further learning needs?

 - What is a realistic timeframe?

- How will you share this learning with others?



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