

Reflections from Annual Conference 2023

Record your reflections from the sessions you attend at our Annual Conference



How to use this tool

- This tool supports you in keeping a record of the sessions you've attended, capturing your immediate thoughts and reflecting more deeply on one or two of the sessions you attended. You can follow the same format to reflect on more sessions if you wish.
- The questions will prompt you to reflect on what you've learned, how that learning might be relevant to your practice and to identify any gaps in your knowledge. This will help you in meeting the HCPC's CPD standards, so you may wish to use this as evidence of CPD.
- You may also find it helpful to review your thoughts with a peer or mentor, or to discuss your learning in supervision.

A record of the sessions you attended

Titles and dates of sessions attended:	Titles and dates of posters viewed:

Capture your thoughts

Which session(s) resonated with me the most and why?

Part one: my reflections and learning

Choose a session to reflect on further

Session:	
Why did I choose this session and what are my key learning points?	
What questions did the session raise for me?	
How will this learning benefit my practice or service and the people I work with?	

Part two: my action plan

Consider what actions you will take now

What actions will I take to put my learning into practice and fill gaps in my knowledge?	
What further learning might I want to do now?	
When will I check back on my progress?	

Part one: my reflections and learning

Choose another session to reflect on further

Session:	
Why did I choose this session and what are my key learning points?	
What questions did the session raise for me?	
How will this learning benefit my practice or service and the people I work with?	

Part two: my action plan

Consider what actions you will take now

What actions will I take to put my learning into practice and fill any gaps in my knowledge?	
What further learning might I want to do now?	
When will I check back on my progress?	

Further resources

- Broughton W, Harris G eds (2019) Principles for continuing professional development and lifelong learning in health and social care. The Interprofessional CPD and Lifelong Learning UK Working Group. Bridgwater: College of Paramedics. Available at: <https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 04.05.23.
- Royal College of Occupational Therapists (2021) Career development framework: guiding principles for occupational therapy. Second Edition, RCOT. Available at: <https://www.rcot.co.uk/publications/career-development-framework> Accessed on 04.05.23.
- Royal College of Occupational Therapists (2021) Professional standards for occupational therapy practice, conduct and ethics. RCOT. Available at: <https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 04.05.23.

We value your feedback. Let us know what you think about this resource. Send your feedback to prof.dev@rcot.co.uk or on Twitter [@CPD_RCOT](https://twitter.com/CPD_RCOT).