Recording your learning, continuing professional development is important because it ensures you continue to be competent in your profession. Aside from learning about something new, there are many reasons to undertake CPD. CPD can give you new knowledge that may help you to deal with new or complex situation; it can help you achieve your career goals by focusing on learning and development, will give you confidence in your role and demonstrates your commitment to developing your skills and knowledge.

**Recording your CPD provides evidence, which can be useful for professional body obligations as well employer supervision and appraisals.**

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| --- | --- | --- | --- |
| **Training Undertaken:** |  | **Date of training:** |  |
| **Main points of learning:** |
|  |
| **How will I put this into practice?** |
|  |
| **What difference will it make to my practice?** |
|  |
| **Do I need further learning in this area?** |
|  |