

Reflection and Reflective Practice

Date: 10th September 2020
Location: Online Training via Zoom/Teams
CPD Points: 3
Times: 13:00-17:00
Facilitator: Cecilia Miller

All information will be sent via email before the course



Reflection is an activity which allows the delegate to see the value in the learning experience. Within the healthcare profession it is about understanding the importance or significance of an activity and the lessons learnt. It is about self-development and progression. The GMC requires both Doctors and Nurses to 'reflect' as part of the revalidation process, therefore the process must allow the delegate to continually ask the question 'what did I get out of this, how can this experience aid me in the future'?

Measurable Aims: At the end of this programme, the delegate can:

- Explain what Reflection is and its value and purpose
- Describe how it links to the Appraisal and Revalidation process
- Define the different stages of reflection

The Programme Includes:

- What is Reflection? What does it mean to you?
- How it links to Appraisals and Revalidation: The bigger picture
- The different stages of Reflection
- Using Reflection within Appraisals and as a development tool