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**Reflective learning record**

**(Immediate)**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_ Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What did you hope to achieve from attending this event?**

**What did you do?**

(You could attach an agenda for your record)

**What did you learn from this event?**

Continued …/…

**How do you plan to put this learning into practice?**

(Consider personal settings, work settings, person-centred care opportunities)

**What will the benefits be?**

(Consider personal benefits, organisational benefits, benefits to colleagues and clients)