

Use this log to record your reflection after watching an episode. Combined with the episode viewing time, 10–15 minutes of considered reflection here supports your CPD hour. Keep this for your own CPD records.

EPISODE TITLE

HOST/ GUEST

CPD HOURS

YOUR NAME

DATE COMPLETED

Your Reflection

1. What are the key points or ideas you took from this episode?
2. What have you learned that's new, or that challenged your existing thinking?
3. How does this connect to your current practice or a client situation (no identifying details)?
4. What will you do differently, or explore further, as a result?
5. Any questions or areas you want to follow up on?