

Professional Development Record

Use this sheet to keep a record of CPD you have completed

CPD			
Date		Hours	

1. What led you to this CPD?

- Gaining or enhancing skills, knowledge or experience
- Meeting the requirements of membership, currency of award, employment or regulations
- Showing commitment to self-development
- Furthering an interest in a particular activity or subject
- Preparing for a change in role

2. Before you started the CPD, were you clear about ...

- Your strengths and possible areas for development?
- What is required for your role (now or in the future)?
- Where you wanted to improve your knowledge, skills or understanding?

3. Which areas of the CPD Development Map were you expecting to cover?

- ACTIVITY SKILLS & COACHING
- FACILITATING LEARNING
- OUTDOOR LEADERSHIP
- EXPERIENCE & JUDGEMENT
- ENVIRONMENTAL KNOWLEDGE
- PROFESSIONAL APPROACH



4. Where have you developed greater knowledge, skills or understanding?

- ACTIVITY SKILLS & COACHING
- FACILITATING LEARNING
- OUTDOOR LEADERSHIP
- EXPERIENCE & JUDGEMENT
- ENVIRONMENTAL KNOWLEDGE
- PROFESSIONAL APPROACH

What have you learned so far?

What would you like to learn more about?

5. Was the CPD?

- Self-led reading, videos, deliberate practice, etc.
- Volunteering with a committee, club or the IOL community, etc.
- With an expert / specialist at a course, conference, webinar, etc.

6. What will be the impact on your practice?

#1

#2

#3

7. Keep this sheet as your record of CPD