**Reflective writing template**

**Date of event:**

**Where: Time:**

**Title: Provider:**

**Learning activity:** *tick or circle the type of learning activity*

* Lectures [] Seminar [] On-line [] Practical course []Practice meeting [] Peer review []
* Reading journal or book -  *please specify*

**REFLECTIONS.**

1. What did I learn from this event?
2. What will I do more of as a result of the event?
3. What will I keep doing as a result of the event?
4. What will I do less of as a result of the event?

How will I know I have implemented changes as a result?

Comments: