

PBSGL Individual reflection sheet

Topic

Date:

Main learning points for me	Application to practice – what will I change?

If it is helpful, you can use this sheet to record your own learning points and how this may impact on your practice. This will help inform the discussion that is focused on completion of the PBSGL log-sheet towards the end of your meeting and also may form a personal record of your learning for appraisal purposes. **Note to facilitators:** the group log sheet – a very different document to this one - is much easier to complete online: Please log in to the CPD connect website <http://www.cpdconnect.nhs.scot/login> then click on your group code which you will find just under 'My Group(s)/Membership'. Once you click on this you will be taken into Log sheet Administration where you can add new log sheets or view, edit, delete existing log sheets. Completing that is an important part of the group's reflection on a topic, so please leave enough time to do so at the end of each meeting. Thank you.