

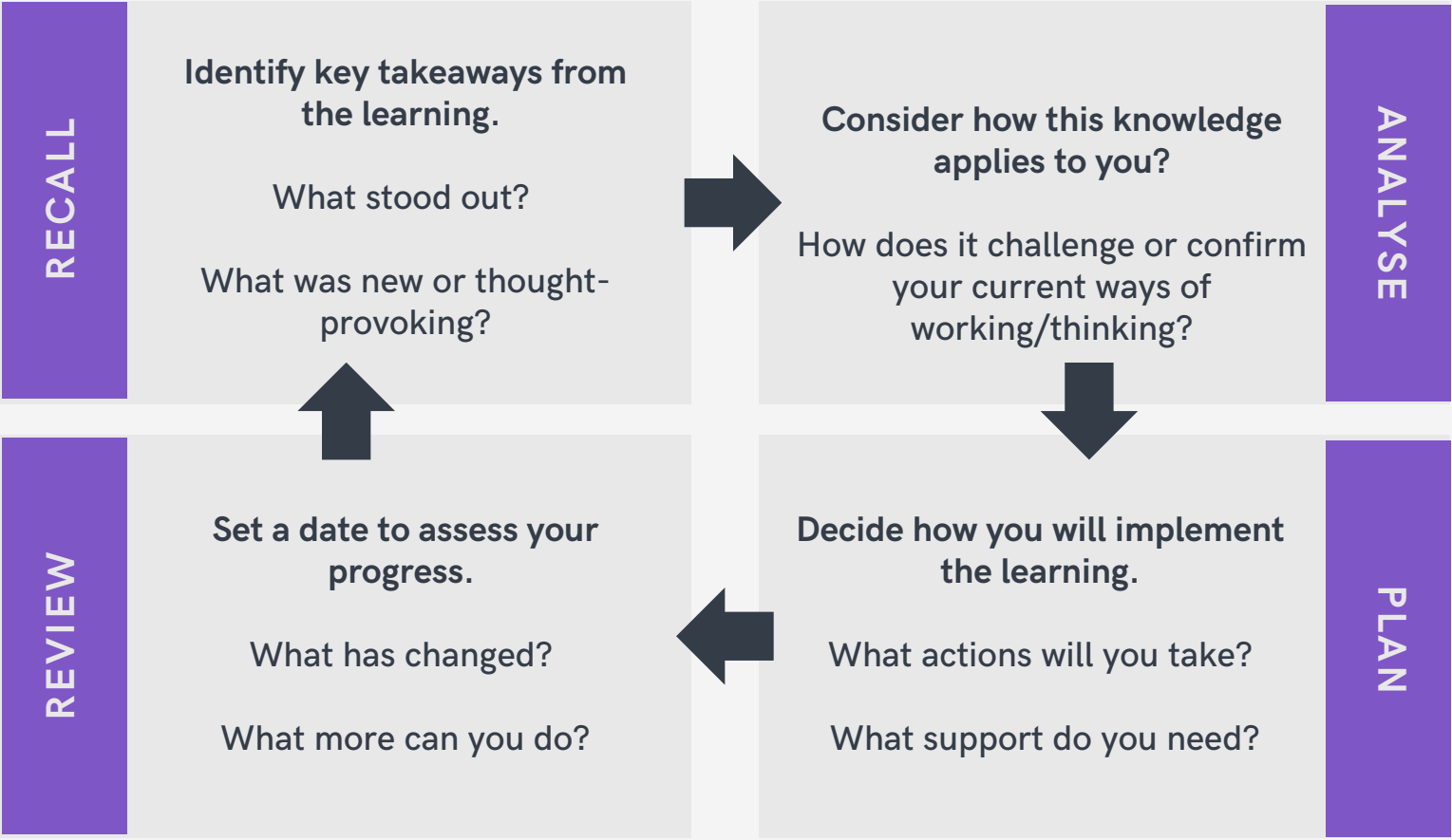


POWER HOURS

Why reflect on learning?

Reflection helps you deepen your understanding, connect learning to your role, and implement changes effectively. By taking time to think critically about what you’ve learned, you enhance retention and practical application.

HOW TO REFLECT ON LEARNING?



YOUR REFLECTION AND ACTION PLAN

Title of learning:

Date Attended:

Key topics covered:

What are the three most important things you learned?

1.

2.

3.

What surprised or challenged you in the session?

How does this topic relate to your current role?

What one action will you take immediately?

What challenges might you face in applying this and how will you overcome them?

Who can support you in implementing this learning?

What resources or further learning do you need?

When will you review your progress? (Set a date!)

Final Thought: Reflection is an ongoing process. Keep revisiting your learning and adapting your approach to maximise its impact!