

CPD Plan – Quick How-To Guide

Step 1: Self-appraisal

Evaluate and appraise the following about yourself:

- Professional values
- Skills
- Interests
- Personal Goals
- Strengths and Weakness

Step 2: Setting Educational Objectives

Based on the self-appraisal, participants should set educational objectives that address areas require attention.

Step 3: Choosing Learning Activity Methods

Participants should choose activities that best suits their practice and learning style. Variety in activities is also important.

Step 4: Reflection and Evaluation

Participants should think about and analyse the activities they have participated in met the educational objectives set original set in the plan and if they have had a positive implications on their practice.