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| ***What is the event you are reflecting on:*** |
| Give a brief description, full details are not needed, focus more on the event itself or if you have recorded this under your CPD activities or practice related feedback, identify the CPD or feedback source number. |
| ***What happened?*** |
| Briefly describe what happened  How did you respond?  How did other people involved respond?  What did you feel during?  What did you feel after? |
| ***Evaluation:*** |
| Was this a positive or challenging event?  Think about how it made you feel, even when things go right it can be challenging.  Think about what worked or what didn’t work.  Think about the outcomes and whether you feel they could have been improved. |
| ***Evaluation and analysis: Looking back*** |
| Are you satisfied with how you responded?  If it was successful, what was it that made it successful?  If it was not successful, what was it that made it challenging?  Do you think you worked well with colleagues/members of the MDT? If not, what would improve collaborative working in the future?  Were you provided with the information and the support you needed to carry out this work? If not, what would have helped? |
| ***Conclusion: Looking forward*** |
| If there was a similar event in the future, is there anything you would do differently?  What did you learn from this experience and how will this learning improve your practice?  How will this learning benefit the babies, children, young people, their families or the colleagues you work with?  Are there any lessons to be learned for your team, the MDT colleagues you work with or the policies and procedures you follow?  Did your learning from this event help you to achieve any of your development objectives?  Are there any new objectives you would like to discuss with your line manager as result of this learning? |