Reflective writing template

(Reflection on competency statement)

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| **Chosen competency** |
| Click or tap here to enter text. |
| **Reflection** |
| Click or tap here to enter text. |

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| **Prompt questions** |
| What are your initial **impressions** of your competence?  What make you think that? Consider what aspects or **examples** of your practice might contribute to demonstrating this competency. While doing this think about how you approach your work, the interactions that you have with other people and your personal values.  Critically **evaluate** these examples considering how do they show your competence, what did you do well, what aspects might you still need to develop. You may find input from your manager, verifier colleagues, peers or team members useful in this process.  From this i**dentify** areas of strength and development (which can be gaps or further development of your strengths).  **Plan** how you will meet the development needs you have identified. You may need to prioritise your needs if there are more than you can realistically tackle at once. |