

Maximise your CPD



Our speakers

- Claudia Anderson (RCOT)
- Hannah Halliwell (RCOT)
- Emma Grover (RCOT)
- Jennifer Anionwu (member)
- Nina Bedding (member)
- Mary Bamgbade – Ogunlayi (member)



Tell us one key thing you are hoping to get out of the session today



What we'll cover

Recognise CPD

Record CPD

Reflect on CPD

Hear member experiences throughout

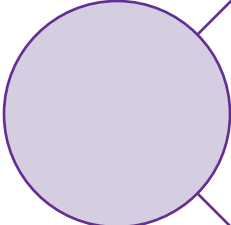
Meet the Professional Development Team

Make the most of RCOT CPD activities

The professional development team



Supporting members at every career stage



Recognise, record, and reflect on CPD and lifelong learning



Career growth using the Career Development Framework

Recognise CPD



HCPC CPD standards

1. Maintain a continuous, up-to-date and accurate record of your CPD activities
2. Demonstrate that your CPD activities are a mixture of learning activities relevant to current or future practice
3. Seek to ensure that your CPD has contributed to the quality of your practice and service delivery
4. Seek to ensure that your CPD benefits the service user
5. Upon request, present a written CPD profile

Meet our first member speaker – Jennifer

What counts as CPD?

How often and how much CPD do you record?

Can you share with us your top tips for recognising CPD and good habits you have formed?

Record CPD



Your CPD portfolio

- A single place to capture lifelong learning and development, no matter your role or career stage.
- Record activities, learning, reflections and evidence on the go.
- Meet the [HCPC CPD standards](#) – helping you to feel as prepared as possible for future CPD audits.
- Included in RCOT membership package
- Provided by CPDme.



Resources to support you

- Scan the QR code to head to our [CPD portfolio webpage](#)
- Find answers to frequently asked questions
- Watch back a webinar with CPDme (with demonstration)
- CPDme's [free daily live demos](#)
- CPDme have several how-to-guide videos including [how to create a diary entry](#) and [how to create a reflective entry](#)



Meet our second member speaker - Nina



Three ways to use your portfolio like a pro

- Save it as a favourite on your desktop browser and/ or download the app for quick and easy access
- Personalise your portfolio using tags
- Aim for progress over perfection

A little bit about audit

- 2.5% of registered occupational therapists are selected at random
- This audit cycle runs from 01 November 2023 - 31 October 2025
- The CPD standards are what we are being assessed against
- The portfolio is designed around the CPD standards and makes the audit process easier
- If you are selected, we are here to support you!

What you need
to know about
CPD audit
webinar

Dedicated
webpage

We'll bring you
together with
other members
for peer support

Reflect on CPD

- Why is reflective practice important?
- What reflective models should I use?
- How detailed should my reflections be?



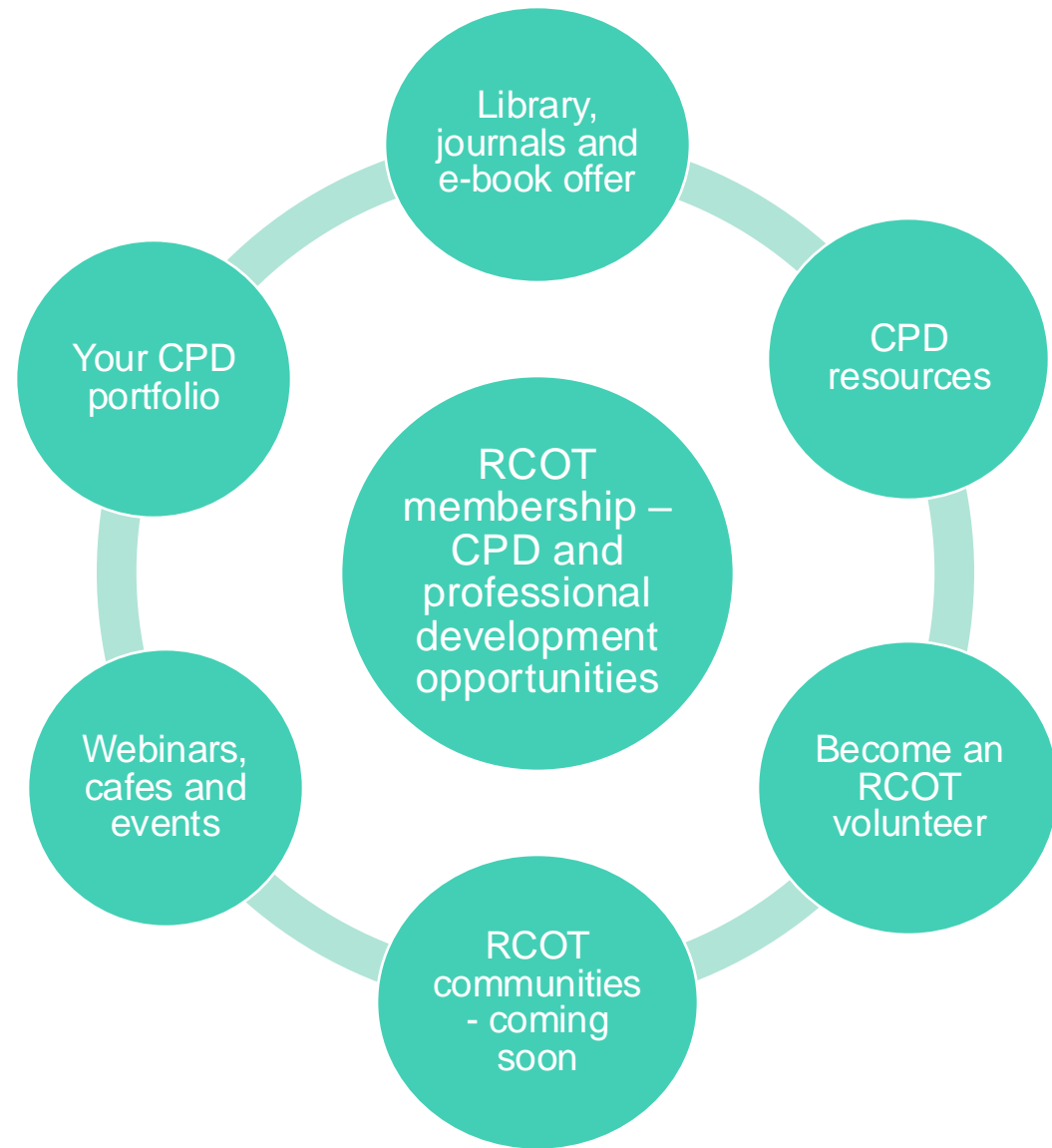
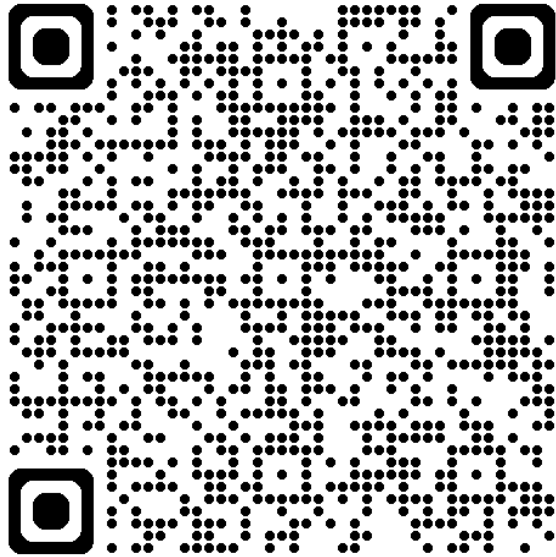
The Career Development Framework



Meet our third member speaker - Mary



Looking at your RCOT membership through a CPD lens



Any questions?

Reach us by emailing prof.dev@rcot.co.uk

