

## Trauma & Resilience: Exploring Resilience

### Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning.

#### Your details

Your name:

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Date completed:

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Activity Name: Trauma & Resilience: Exploring Resilience

Time spent engaged  
in the activity:

(including completing this form)

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After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

