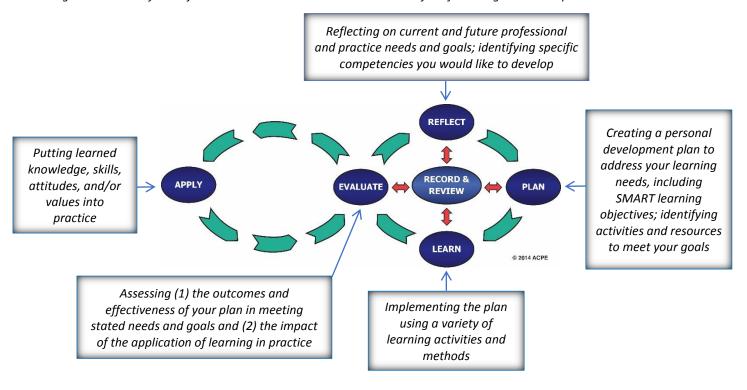


## What is CPD?

Continuing Professional Development (CPD) is an approach to lifelong learning that will help you manage your own learning and growth as a pharmacy professional based on your specific needs. It involves actively participating in formal and informal learning activities. The focus of CPD is on the results – the real world benefits of learning and development.



Record & Review: Documenting all aspects of your CPD and reviewing your development in a systematic way to measure progress and demonstrate achievement of goals

## Why CPD?

The CPD approach assists in developing and maintaining competence, enhancing professional practice, and supporting achievement of your career goals. It can help you keep your skills and knowledge current, strengthen your professional abilities, prepare you for greater responsibilities, and boost your confidence.

## Why use My CPD?

Using My CPD to create CPD cycles and review your progress will help to set the direction of your professional development and keep it going the way you want, growing with you over time. My CPD aids in:

- Demonstrating knowledge, skills, attitudes, and values are kept current
- Providing an overview of professional development
- Showing application of learning to improve practice and/or patient outcomes
- Directing career goals or supporting a possible career change
- Providing examples and scenarios for a CV or interview
- Fulfilling employment or regulatory obligations
- Satisfying credentialing requirements
- Serving as a reminder of your learning and development over time