

Date	What CPD activity have you undertaken?	Why did you choose this activity?	What did you learn as a result of this activity?	How did you and others benefit from carrying out this activity?	As a result of this activity, what are your next developmental steps	Learning Category (Professional Activity, Self-Directed Learning, Formal/Educational, Work-Based Learning, Informal Learning)
January 2022	Attended a one day course on neurodiversity.	To better understand how I can support colleagues who identify as neurodiverse.	The key learning point was, people who don't have to hide who they are perform better in the workplace.	I benefited because I have a better understanding of the need to create an inclusive environment. Others will benefit because I will take time to identify how I can support them.	Continue to learn more about neurodiversity by listening to podcasts, reading articles, and attending courses.	Formal training/self-directed
April 24 – 26 2022	Attended an international conference on pollution.	Conferences facilitates serendipitous connections, plus it allows me to be more immersed in the subject than just reading papers online.	Great discussions were had about the talks.	I've a renewed enthusiasm for the area, plus gained new connections.	Continue to attend international conferences and build my connections in this field.	Self-direct/educational/professional activity
June 2022	Attended a webinar on nuclear safety.	Attended this course because it's always good to have a refresher.	Useful reminder of safety protocols that we should be consistently adhering to.	I have made notes of key points that I will refer to and share with relevant colleagues.	Read latest articles, and attend refresher courses every couple of years .	Formal
Monthly	Reading Physics World.	I enjoy reading PW, plus it helps me to say abreast of developments in all	Staying up to date with new developments in other areas of physics.	Better informed and can share my knowledge.	Keep reading PW and discuss interesting findings with colleagues.	Self-directed/informal

Date	What CPD activity have you undertaken?	Why did you choose this activity?	What did you learn as a result of this activity?	How did you and others benefit from carrying out this activity?	As a result of this activity, what are your next developmental steps	Learning Category (Professional Activity, Self-Directed Learning, Formal/Educational, Work-Based Learning, Informal Learning)
------	--	-----------------------------------	--	---	--	---

		fields of physics not just my area.				
Ongoing	Serving on a Group committee.	To continue providing my expertise in an area of physics that I am passionate about	Being involved in discussions over possible events has allowed me to keep my knowledge up to date.	It gives me an opportunity to give back to the community. The Group members will benefit from my support and contribution.	Continue to keep my eyes open for information that will be relevant for the group.	Professional activity
November 2022	GDPR training – online.	Mandatory, but it is relevant for me because of the amount of data I handle.	It was a reminder of how long I can keep identifiable data for.	Cleared out old data as a result of course. Reviewed files to ensure sure I was compliant with the GDPR policy.	Maintain good data practice. Attend training as needed.	Worked based
Weekly	Refereeing for the local football team.	It's a bit of fun, great for my wellbeing, and I want to give back to my local community.	On hand experience in mediating and resolving conflicts.	Although this is outside of my comfort zone, I need to stand strong and defend decisions made, which makes me feel more confident to apply this in work situations.	Continue to engage in this activity.	Informal