

A CPD log might have examples of these activities, but not be exclusively from one or two boxes:

	Internal	External
'Formal'	<ul style="list-style-type: none"> <li>• Attending training course offered by your employer</li> <li>• Contributing to user guides and workbooks; maintaining documentation</li> <li>• Cross-department working groups or committees, especially cross-disciplinary or not specifically related to your role</li> <li>• Mentoring or coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Attending training courses offered by others</li> <li>• Writing or contributing to reports or articles for publication (can be blog posts for other organisations)</li> <li>• Serving on Committees of external orgs</li> <li>• Mentoring or coaching</li> <li>• 'Ambassadors' talks to school or university groups</li> <li>• Reviewer for publications, grants or awards</li> </ul>
'Self-directed'	<ul style="list-style-type: none"> <li>• Supporting colleagues in their learning/teaching new skills to others</li> <li>• Improving your 'commercial awareness' of the organisation (e.g. understanding other areas of their work.</li> <li>• Completing your annual performance appraisal and development plan!</li> </ul>	<ul style="list-style-type: none"> <li>• Completing online courses, e.g. MOOCs</li> <li>• Blog posts (your own blog) or other social media; online discussion groups</li> <li>• Reading industry publications and reflecting on how they can influence your work</li> <li>• Completing an application for accreditation!</li> </ul>