Continuous Professional Development

What is CPD?

CPD Continuous Professional Development is a formal way of keeping professionals up to date within the industry. CPD is highly important to make sure that skills, expertise, techniques and key knowledge are up to date as a professional therapist.

Lecturers, trainers or practitioners can apply to accumulate points with numerous activities by applying to go onto courses such as Level 2/3 in associated professions or even relevant and accredited Short Courses.

Why is CPD effective?

* Recognised for keeping your skill set up to date
* Accelerate career Development
* Future business within your company
* Job satisfaction

Should I keep a record of CPD?

At all times you have a responsibility to keep your skills and knowledge up to date. CPD helps to identify and achieve your own career objectives. Every 12 months make sure you review your CPD, and reflect on all areas that you have achieved and areas that you would like to achieve.

How do I work out my point allowance?

Minimum number of CPD points that should be completed is 30 hours per year

* see **CPD Criteria Table** document for breakdown.

Examples of where you can accumulate points include:

* Attending an industry accredited short course
* Attending Beauty shows
* Attending Seminars within this profession
* Reading relevant journal articles or reviewing books
* Training courses or formal development or study
* Peer review, mentoring or shadowing
* Online learning including engagement in discussion forums and blogs
* Viewing and reviewing television programmes, documentaries and the internet