



CPD

To do list:

1. Buy Secret Santa gift for office party
2. Remember to request morning off for kids “end of year assembly”
3. **Complete CPD diary with the College**

It's a busy time of year and we are all trying to fit extra things into our already overloaded schedule. It's also the end of the CPD cycle and so it is time to upload the last of your activities for the year and start planning for next year.

Did you know you can include activities in the Category 5B Personal Advancement?

What activities, you may ask?

You could include courses or activities relating to stress management and improving your resilience at work. In New Zealand many of these activities are eligible for financial reimbursement from your CME allowance.

Some examples of things you could include

- Professional supervision sessions
- Mindfulness training
- Communication training
- Managing grief/Death/PTSD
- RACS Operating with Respect Module
- Workshops on dealing with bullying and harassment
- Cultural competence training

Go on – crack the 1000 CPD points in the next cycle – include activities in Category 5B, and prioritise your own welfare in the process.