



The Art of Self-Reflection

15TH JUNE 2026

Why are we learning this today?



It's the subject of your 5th blog



It is a useful tool for interviews, jobs – and your studies

Background



Process by which professionals critically analyse their learning activities, experiences and outcomes



How these impact skills, knowledge and professional practice



Reflective practice is not just about recording what was done, but the significance of those experiences, understanding what was learned, and how this can be applied or improve practice

CPD – Continuous Professional Development



Term used to describe the learning activities people take part in to develop and enhance their abilities throughout their career



It is a commitment to lifelong learning



Different employers will have a different commitment to encouraging CPD



Professional bodies will encourage CPD

The Process



Critical reflection: what was gained, what worked well, what didn't, and why



Link learning to practice



Identifying strengths and gaps



Setting future objectives



Promoting accountability and professionalism

Benefits



Deepens understanding, turning everything into a meaningful learning opportunity



Improve your practice



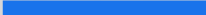
Increase emotional intelligence



Adaptability

Tools for self- reflection

JOURNALLING

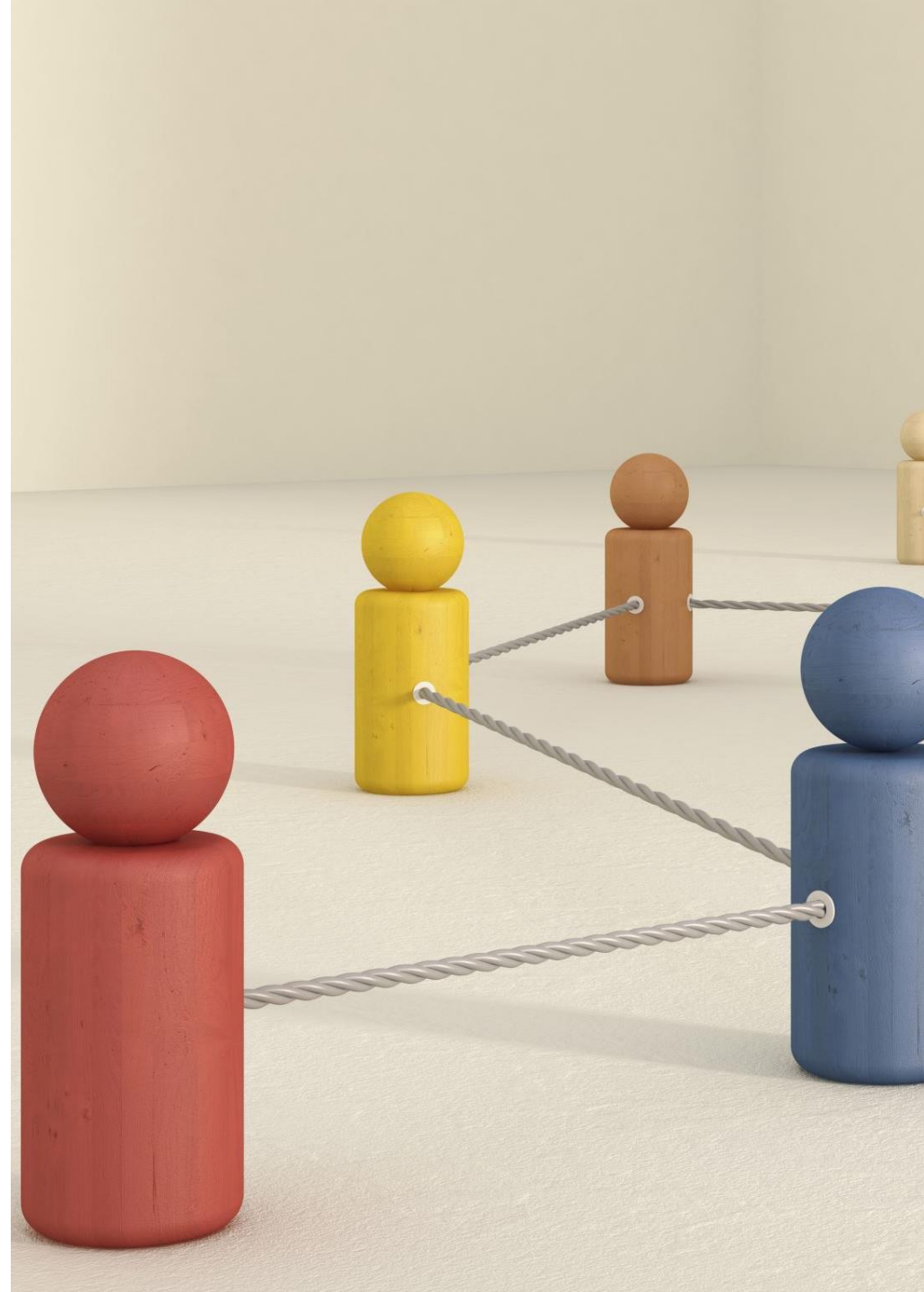


Mindfulness and meditation



Peer Groups and Action-learning

- Engaging in peer groups or collaborative learning sessions
- Action learning sets – great learning opportunities



Feedback



SEEKING FEEDBACK FROM STAKEHOLDERS
HELPS REVEAL BLINDSPOTS

CPD record



Focus on emotional intelligence and
"soft skills" (how you do the job)



Technical skills (knowledge and skills)

Association for Project Management



- Chartered membership organisation
- Student membership is free
- APM student membership provides support and resources
- Digital accreditation, certifications and qualifications
- Access to the APM competence framework tool
- Access to APM resources



APM Competence Framework

- Sets out the competences required for effective project management, and portfolio management
- 29 competences based around competences that project professionals need to achieve
- Includes a rating scale for assessing performance against the application and knowledge criteria
- Online self-assessment tool
- Requires registration



My Dashboard

[Home](#) > [MyAPM](#) > My Dashboard



Rebecca Francis-Davies

Last logged in : 10 June 2025, 08:52am

Membership level : Non-member

Chartered status : None

[My personal details](#)

CPD hours

Become a member today and track your CPD points.

[Become a member](#)

APM Competence Framework

Our self-assessment tool will help you to assess and improve your performance in the workplace, helping you identify areas of strength and any skills gaps. You can also compare your results to a number of roles, so you can benchmark yourself. If you're an APM member you will be able to track your progress over time by viewing previous assessments you have completed. Please note if you're not an individual member of APM, starting an assessment will overwrite any previous assessments you have completed.

[Find out more about the APM Competence Framework](#)

[Start New Assessment](#)

[See Previous Results](#)

Assessment Summary

10/06/2025



[Become a Member](#) to save multiple assessments, manage CPD logs, add development goals, and more.

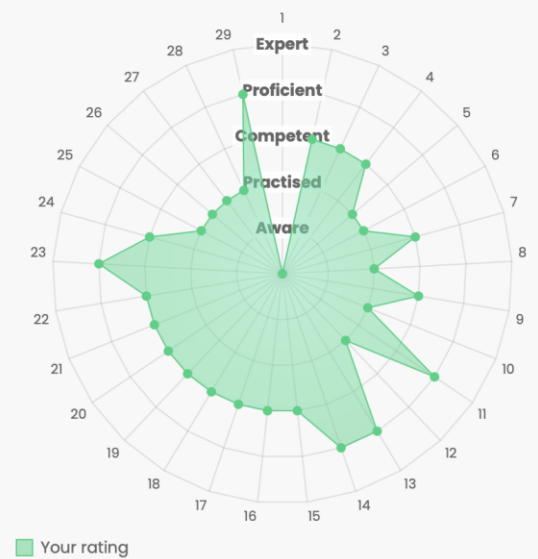
Competence Framework

Benchmark comparison

No comparison

Sort by

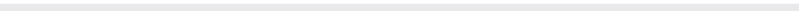
Competence number



Competence 1

Life cycles

Your rating
Unaware



More information

Competence 2

Governance arrangements

Your rating
Competent



More information

Competence 3

Results



Action focused development plan

