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| Competency reference number and title  |   |
| Level of attainment claimed |  |
| Development period: Overall dates in which competency was developed for this assessment |  |

**Context**

*Give a brief outline of the context in which you developed this competency. For example, your previous and current job roles or responsibilities*

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**Activity**

*Give a brief description and examples from your professional activity and practice which demonstrate your competency at this level. Link this section to the competency definition in the Framework.*

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**Progression & Learning**

*Give a brief summary of how your skills, knowledge and experience within this competency have developed or been maintained during this period. Include examples of the different skills, knowledge and experience developed and the types of learning undertaken such as formal training, study or research, work achievements, contributions to the profession etc.*

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**Reflection**

*Reflect on and evaluate what you have learned from the activities you have undertaken to develop or maintain this competency. For example, what went well/not so well? What would you do differently*

*next time?*

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**Follow Up**

*How have you applied your skills, knowledge and experience within this competency since? What do you intend to do next to maintain or further develop this competency?*

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