

Community Action Team, Inc
Child & Family Development Programs
Training Reflection and Action Plan

Date of training: _____ Training Topic/Title: _____

List 2-3 key points from today's training that impacted you:

- 1.
- 2.
- 3.

List one thing you will do differently or more of based on today's training.

I commit to:

I will do this by:

I will check my progress by:

Example: I commit to using the phrase "How could you..." with children more. I will do this by posting a reminder in the class and noting in my lesson plans at least one opportunity each day. I will review at the end of each week how many times I have used the phrase until I am doing it consistently 2-3 times a day.

Please keep a copy and share this with your supervisor so they can support you.