Personal Reflection
Commitment to Change

The purpose of this form is to provide an opportunity for personal reflection on your goals and commitment to change your practice behavior based on your participation in this activity.

Commitment to Change is a central feature of adult learning that has been shown to be effective in enhancing learning outcomes and predict actual change in practice (Lockyer, et. al. 2005¹).

Following the completion of this form, we will follow-up with you by e-mail within 1-2 weeks to provide you with a copy of your responses. We will re-contact you approximately 3 months following the activity to assess the status to intended changes and identify any barriers to implementation.

As a result of attending this activity, I will implement the following 2-3 changes into my practice:

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Name:
E-mail: