



STRiVE
QUALITY ASSURANCE PROGRAM

How to complete STRiVE Step 3.1 Learning Plan: Development

This is the screen you will see when you log in to the STRiVE platform

The STRiVE Platform

Designed to support the success of RMTs, the STRIVE Platform provides a centralized place to report completion of specified STRIVE components and enter information related to your ongoing continuing professional development.

The timeline for reporting completion of all STRIVE components is between September and November 30 of each year.

Submission of your quality assurance program requirements must be made using the online STRIVE Platform.

Available any time from any where, for as long as you maintain registration with the CMTO, the STRIVE Platform, and the information you have entered, provides a record of your involvement with quality assurance program requirements.

Accessing the platform regularly throughout the year, to enter new learning and achievements, helps to ensure you are well prepared to confirm completion of STRIVE requirements on an annual basis.

STRiVE – the Quality Assurance Program

STRIVE – the Quality Assurance Program, has been tailored to fit the individual needs of RMTs throughout Ontario.

Created to offer flexibility, opportunity and choice, STRIVE is comprised of two parts:

- Ensuring compliance with minimum standards, including the Standards of Practice, and
- Supporting each RMT to be the best they can be!

Understanding that each RMT's career path is unique, STRIVE's personalized approach is built on 15 Career-Span Competencies which provide a framework for RMTs to manage their practice throughout their entire career-span.

Intentionally broad in nature, the Career-Span Competencies apply to RMTs working in all practice settings including clinics, hospitals, home-based practices, spas, educational institutions, research facilities and administration.

As a regulated healthcare professional, it is your responsibility to implement each Career-Span Competency in a manner that is consistent with their personal practice situation.

To learn more, please visit strive.cmto.com

Start Date: September 1, 2020
Status: IN PROGRESS
End Date: November 30, 2022

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRiVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Completion Status

- ✓ COMPLETE
- ! OVERDUE
- IN PROGRESS
- ☑ SUBMITTED



Green check marks appear next to each step that has been completed. To begin developing your learning plan, click 'Step 3.1 Learning Plan: Development'.

Learning Plan: Development

[Print](#)

Start Date: September 1, 2020
Status: IN PROGRESS
End Date: November 30, 2022

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Completion Status

- ✓ COMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED

With your Self-Assessment complete, you are ready to begin development of your personalized Learning Plan.

Guided by the outcomes of your Self-Assessment, you are required to develop a Learning Plan that includes a minimum of two (2) professional learning goals, each of which link to at least one (1) of the 15 Career-Span Competencies.

The Learning Plan may be selected for audit or review, at any time by a CMTO representative.

Instructions:

- Review the Career-Span Competencies to identify professional learning interests and opportunities for growth.
- Develop two (2) professional learning goals that link to at least one (1) Career-Span Competency.
- Identify a minimum of two (2) learning activities, that support the achievement of each professional learning goal throughout the next 24 months.
- Assign a proposed achievement or completion date for each professional learning goal.
- Once you have submitted your two learning goals, a 'Submit Learning Plan' button will display on this page that will enable you to complete your submission for this section.
- Submit the Learning Plan between September and November 30.
- Note the red 'X' on the menu bar will turn to a green checkmark when the Learning Plan has been submitted.

Time Required:

- Approximately two hours to create initial Learning Plan.

Submitted Developed Goals

Submitted Goals: 0 / 2

[+ Add New Goal](#)

Click 'Add New Goal' to begin creating your goals. You will need to create at least two goals. Each goal must include at least two learning activities.

Show
All entries

Search:

#	Title	Status	# Activities	Career-Span Competency (if applicable)
No data available in table				

Showing 0 to 0 of 0 entries

Previous 1 Next

Learning Plan: Development

[Back to Goal Summary](#)

[Print](#)

Start Date: September 1, 2020
Status: IN PROGRESS
End Date: November 30, 2022

You may save your progress at any time by clicking the 'Save Goal' button. Once you have filled in the required fields on this page, which includes saving information for two learning activities, click the 'Submit Goal' button that will appear. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above.

[Save Goal](#)

[Delete Goal](#)

- Required Year 1
 - ✓ Step 1.1 E-Learning Module: STRIVE Introduction
 - ✓ Step 2.1 Self-Assessment: Year 1
 - Step 3.1 Learning Plan: Development
- Messages
 - Messages from CMTO (0)
- Completion Status
 - ✓ COMPLETE
 - ! OVERDUE
 - IN PROGRESS
 - ✓ SUBMITTED

Learning Goal

My professional learning goal is: **(Required)**

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

Type your learning goal here.
To create a learning goal, reflect on the results of your Self-Assessment and determine which areas you'd like to develop. Create a learning goal to work on over the next 24 months.

My professional learning goal relates to Career-Span Competency: **(Required)**

- 2. Communicate effectively
- N/A
- 1. Act with professional integrity
- 2. Communicate effectively
- 3. Comply with legal requirements
- 4. Function in a client-centred manner
- 5. Apply the principles of sensitive practice
- 6. Work within areas of personal knowledge and skills
- 7. Maintain a safe work environment
- 8. Maintain comprehensive records
- 9. Maintain personal wellness consistent with the needs of practice
- 10. Manage time and resources effectively
- 11. Treat others respectfully
- 12. Practice in a manner consistent with current developments in the profession
- 13. Use an evidence-informed approach in your work
- 14. Interact effectively with other professionals
- 15. Practice in a self-reflective manner

Select the Career-Span Competency that relates to your learning goal using the drop-down menu.

Learning Plan: Development

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[Save Goal](#)

[Delete Goal](#)

- Required Year 1
- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages
Messages from CMTO (0)

- Completion Status
- ✓ COMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED

Learning Goal

My professional learning goal is: **(Required)**

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

My professional learning goal relates to Career-Span Competency: **(Required)**

2. Communicate effectively

Activities Detail

(Required: 2 minimum)

#	Activity Description	Status	Proposed Completion Date	Type
No data available in table				

[Add New Learning Activity](#)

[Save Goal](#)

[Delete Goal](#)

Select 'Add New Learning Activity'. Learning activities are the things you are going to do to achieve your learning goal. You will need to list at least two learning activities for each learning goal.



Learning Goal Activity: Development

Print

Start Date: September 1, 2020
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End Date: November 30, 2022

Once you have filled in the required fields on this page, click the 'Save Activity' button. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above. Remember, two learning activities need to be completed to support each Learning Goal.

Back to Goal Save Activity

Delete Activity

- Required Year 1**
- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
 - ✓ Step 2.1 Self-Assessment: Year 1
 - Step 3.1 Learning Plan: Development
- Messages**
- Messages from CMTO (0)
- Legend**
- ✓ COMPLETE
 - ✗ INCOMPLETE
 - ! OVERDUE
 - IN PROGRESS
 - ✓ SUBMITTED
 - ✎ EDITABLE

Learning Activity Description: (Required)
Please document the title of the course, topic of peer discussion, name of document read, etc.

Communications course at community college. Participating in online class discussions.

Describe your learning activity here.

Insert the proposed completion date for your learning activity.

Remember – Your learning goal should be completed within the next two years. As a result, the 'Proposed Completion Date' of the learning activity should be before November 30 of the second year.

Proposed Completion Date: (Required)

11/20/2021

Learning Activity Type: (Required)

Continuing Education

Select the type of learning activity.

Back to Goal Save Activity

Click 'Save Activity'.

Delete Activity

When entering learning activities, enter the information currently known about the activity. An opportunity to provide additional details (e.g. name of course, titles of articles, date you attended the course) is available when completing the progress update next year, or the final report in the following year.

Learning Goal Activity: Development

You will see this message appear when your learning activity has been saved.

Print

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Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

Successfully Saved!

Once you have filled in the required fields on this page, click the 'Save Activity' button. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above. Remember, two learning activities need to be completed to support each Learning Goal.

Back to Goal

Save Activity

Delete Activity

Learning Activity Description: (Required)

Please document the title of the course, topic of peer discussion, name of document read, etc.

Communications course at community college. Participating in online class discussions.

Proposed Completion Date: (Required)

11/20/2021

Learning Activity Type: (Required)

Continuing Education

Back to Goal

Save Activity

Delete Activity

After you have saved the first learning activity, click 'Back to Goal'.

Learning Plan: Development

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[Print](#)

Start Date: September 1, 2020
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You may save your progress at any time by clicking the 'Save Goal' button. Once you have filled in the required fields on this page, which includes saving information for two learning activities, click the 'Submit Goal' button that will appear. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above.

[Save Goal](#)
[Delete Goal](#)

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

Learning Goal

My professional learning goal is: **(Required)**

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

My professional learning goal relates to Career-Span Competency: **(Required)**

2. Communicate effectively

Activities Detail

(Required: 2 minimum)

#	Activity Description	Status	Proposed Completion Date	Type
1	✎ Communications course at community college. Participating in online class discussions.	REQUIRE FILLED	11/20/2021	Continuing Education

[Add New Learning Activity](#)
[Save Goal](#)
[Delete Goal](#)

Two (2) learning activities are required for each goal. Please add a second activity for the same goal. To do so, click 'Add New Learning Activity' and repeat the steps listed on pages 5 to 7.



Once you have created two (2) learning activities for a goal, click 'Submit Goal'.

Learning Plan: Development

[Back to Goal Summary](#)

[Print](#)

Start Date: September 1, 2020
Status: IN PROGRESS
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You may save your progress at any time by clicking the 'Save Goal' button. Once you have filled in the required fields on this page, which includes saving information for two learning activities, click the 'Submit Goal' button that will appear. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above.

[Save Goal](#) [Submit Goal](#)

[Delete Goal](#)

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

Learning Goal

My professional learning goal is: **(Required)**

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

Inter-Span Competency: (Required)

2. Communicate effectively

Activities Detail

(Required: 2 minimum)

#	Activity Description	Status	Proposed Completion Date	Type
1	Communications course at community college. Participating in online class discussions.	REQUIRE FILLED	11/20/2021	Continuing Education
2	Review the course materials (book, slides), utilize the information into my current practice.	REQUIRE FILLED	11/20/2021	Interaction with Peers

[Add New Learning Activity](#)

Click 'Submit Goal'.

[Save Goal](#) [Submit Goal](#)

[Delete Goal](#)

www.skillsure.net says
Submit will lock this goal and no further changes will be possible. Click "Ok" only if you are ready to submit.

OK Cancel

Learning Plan: Development

Back to Goal Summary

Print

Start Date: September 1, 2020
Status: IN PROGRESS
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You may save your progress at any time by clicking the 'Save Goal' button. For additional information for two learning activities, click the 'Submit Goal' button that will appear. For additional guidance, please refer to the 'How to complete STRIVE requirements' document.

Save Goal Submit Goal

Delete Goal

You will see this prompt. If you are satisfied with the information you have entered, click 'OK'.

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

Learning Goal

My professional learning goal is: (Required)

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

My professional learning goal relates to Career-Span Competency: (Required)

2. Communicate effectively

Activities Detail

(Required: 2 minimum)

#	Activity Description	Status	Proposed Completion Date	Type
1	Communications course at community college. Participating in online class discussions.	REQUIRE FILLED	11/20/2021	Continuing Education
2	Review the course materials (book, slides), utilize the information into my current practice.	REQUIRE FILLED	11/20/2021	Interaction with Peers

Add New Learning Activity

Save Goal Submit Goal

Delete Goal

Learning Plan: Development

[Back to Goal Summary](#)


Click 'Back to Goal Summary'.

[Print](#)

Start Date: September 1, 2020
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Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

You may save your progress at any time by clicking the 'Save Goal' button. Once you have filled in the required fields on this page, which includes saving information for two learning activities, click the 'Submit Goal' button that will appear. For additional guidance, please refer to the 'How to complete STRIVE requirements' document in the Help section above.

Successfully Submitted!

Submitted Date: September 4, 2020

Learning Goal

My professional learning goal is: **(Required)**

My goal is to communicate with my clients more effectively by taking a communications course to assist me.

My professional learning goal relates to Career-Span Competency: **(Required)**

2. Communicate effectively

Activities Detail

(Required: 2 minimum)

#	Activity Description	Status	Proposed Completion Date	Type
1	✓ Communications course at community college. Participating in online class discussions.	SUBMITTED	11/20/2021	Continuing Education
2	✓ Review the course materials (book, slides), utilize the information into my current practice.	SUBMITTED	11/20/2021	Interaction with Peers

Learning Plan: Development

[Print](#)

Start Date: September 1, 2020
 Status: IN PROGRESS
 End Date: November 30, 2022

Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

[Messages from CMTO \(0\)](#)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

With your Self-Assessment complete, you are ready to begin development of your personalized Learning Plan.

Guided by the outcomes of your Self-Assessment, you are required to develop a Learning Plan that includes a minimum of two (2) professional learning goals, each of which link to at least one (1) of the 15 Career-Span Competencies.

The Learning Plan may be selected for audit or review, at any time by a CMTO representative.

Instructions:

- Review the Career-Span Competencies to identify professional learning interests and opportunities for growth.
- Develop two (2) professional learning goals that link to at least one (1) Career-Span Competency.
- Identify a minimum of two (2) learning activities, that support the achievement of each professional learning goal throughout the next 24 months.
- To update an individual goal, click on the pen icon (✎) in the table below.
- Assign a proposed achievement or completion date for each professional learning goal.
- Once you have submitted your two learning goals, a 'Submit Learning Plan' button will display on this page that will enable you to complete your submission for this section.
- Submit the Learning Plan between September and November 30.
- Note the icon on the menu bar will turn to a green checkmark (✓) when the Learning Plan has been submitted.

Time Required:

- Approximately two hours to create initial Learning Plan.

Submitted Developed Goals

Submitted Goals: 1 / 2

This indicates how many goals have been successfully submitted.

To add your second learning goal, click 'Add New Goal' and repeat the steps on pages 3 to 11. Remember, you must submit at least two learning goals.

[+ Add New Goal](#)

Show entries

Search:

#	Title	Status	# Activities	Career-Span Competency (if applicable)
1	✓ My goal is to communicate with my clients more effectively by taking a communications course to assist me.	SUBMITTED	2	2. Communicate effectively

Showing 1 to 1 of 1 entries

Learning Plan: Development

Print

Start Date: September 1, 2020
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Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

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- Submit the Learning Plan between September and November 30.
- Note the icon on the menu bar will turn to a green checkmark (✓) when the Learning Plan has been submitted.

Time Required:

- Approximately two hours to create initial Learning Plan.

Submitted Developed Goals
Submitted Goals: 2 / 2

[+ Add New Goal](#) [✓ Submit Learning Plan](#)

Click 'Submit Learning Plan' to complete this step. A pop-up will appear stating that your Learning Plan will be locked and submitted.

Select 'OK' to complete Learning Plan: Development.

Show entries

#	Title	Status	# Activities	Career-Span Competency (if applicable)
1	✓ My goal is to communicate with my clients more effectively by taking a communications course to assist me.	SUBMITTED	2	2. Communicate effectively
2	✓ My goal is to improve my record keeping practices.	SUBMITTED	2	8. Maintain comprehensive records

Showing 1 to 2 of 2 entries

Search:

Previous Next

Your learning goals will be listed here.

Learning Plan: Development

Print

Start Date: September 1, 2020
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Required Year 1

- ✓ Step 1.1 E-Learning Module: STRIVE Introduction
- ✓ Step 2.1 Self-Assessment: Year 1
- ✓ Step 3.1 Learning Plan: Development

Messages

Messages from CMTO (0)

Legend

- ✓ COMPLETE
- ✗ INCOMPLETE
- ! OVERDUE
- IN PROGRESS
- ✓ SUBMITTED
- ✎ EDITABLE

Learning Goals Completed Date: September 4, 2020

This message on the green banner indicates the date you successfully completed Step 3.1.

With your Self-Assessment complete, you are ready to begin development of your personalized Learning Plan.

Guided by the outcomes of your Self-Assessment, you are required to develop a Learning Plan that includes a minimum of two (2) professional learning goals, each of which link to at least one (1) of the 15 Career-Span Competencies.

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- Submit the Learning Plan between September and November 30.
- Note the icon on the menu bar will turn to a green checkmark (✓) when the Learning Plan has been submitted.

Time Required:

- Approximately two hours to create initial Learning Plan.

Submitted Developed Goals
 Submitted Goals: 2 / 2

Show entries Search:

#	Title	Status	# Activities	Career-Span Competency (if applicable)
1	✓ My goal is to communicate with my clients more effectively by taking a communications course to assist me.	SUBMITTED	2	2. Communicate effectively
2	✓ My goal is to improve my record keeping practices.	SUBMITTED	2	8. Maintain comprehensive records

Showing 1 to 2 of 2 entries

A green check mark will also appear to the left of this step in the side menu, to confirm that it has been completed.