Izzy’s NQP Competency Tool for NeuroSpicy Brains

I hope your NQP journey is going well ❤️

I found the RCSLT CPD tool not visual enough for my brain, so I created this tool, and I didn't want my efforts to just benefit me.

A mini disclaimer before you dive in:

- The example activities are sourced directly from the NQP Academy - NQP Competencies Guide (credits to them!)
- This tool has Francesca Beard's (Founder of NQP Academy) blessing to share. She said, "Feel free to share with the rest of the community! It's amazing. My ADHD brain would have loved this!"
- I'm not paid or affiliated with anyone for this.
- This is only for anyone who started their NQP Competencies before May 2026. It will not apply to the new NQP goals rolling out soon.

// Details below //

What it is

A single HTML file that works like an interactive checklist for all 24 RCSLT NQP competencies – with an at-a-glance dashboard, space to log your activities, and hints on what you can include for each competency. (Functions best on laptop / iPad – and stick to the same device, more on that below.)

How to get started

1. Click on the link – it'll open in your web browser (Chrome or Safari work best)
2. Bookmark it so you can find it easily

How to use it:

- The 'At a Glance' tab shows your overall progress, completion percentage, and total hours logged
- Click any competency tab to expand your logs and start filling things in
- Each competency has a '💡 What can I include?' section with example activities and evidence ideas (Credits to: NQP Academy)
- Log your hours, reflections, and evidence across as many logs as you need
- Tick a log as complete when you're happy with it, and tick the competency itself once it's signed off (the percentages should update!)

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How saving works

Everything saves automatically to your browser every time you type or tick something – no save button needed. Your data is stored locally on your device only and never leaves your computer.

⚠️ Important – please read this bit

Because your progress is saved to your browser (not a file or the cloud), it can be wiped if you:

- Clear your browser history or cookies
- Open the file in a different browser (e.g. switch from Chrome to Safari)
- Use a different device
- Move or rename the HTML file (especially in Firefox or Safari)

To protect your progress, use the backup buttons in the top-right corner:

- ⬇ Export Backup – downloads a .json file with all your data. Do this regularly, and especially before clearing your browser or switching devices.
- ⬆ Import Backup – restores your progress from a backup if anything goes wrong.

Link: https://nqpcompetenciestracker.netlify.app/

I'd recommend backing up at least once a day, or after any big logging session. Any questions, let me know – good luck with your competencies! 🌿"

Good luck!
Izzy 😊

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