

SESSION REFLECTION



HEART Feelings

Prompt Ideas

- *What feelings did I experience today?*
- *How did my emotions affect my engagement?*
- *How did we relate to each other as a group?*
- *What feelings need to be nurtured/addressed?*



HEAD Thoughts

Prompt Ideas

- *What information stuck out the most today?*
- *How did the topics affect my learning?*
- *What learning happened for the whole group?*
- *What are areas for growth and learning?*



HAND Action Ideas

Prompt Ideas

- *What action ideas stuck out the most today?*
- *How does my role affect action momentum?*
- *What are action ideas for our organization?*
- *What are continued practice ideas?*