



QUESTIONS + REFLECTIONS

Owning your Struggle - Kendall Johnson

- What current circumstances (relationships, environments, things, etc) are dimming your light right now?
- What are three ways you can shine more of your own light onto these circumstances?
- If every single thing in your life was working in your favor, how are your struggles trying to help you?

“The New Rules” - Breakout sessions

1. One of the New Rules is to “Lead from wherever you are.” Is there a place in your life where you could become a leader even if on the bench, hurt, or playing a supporting role?
2. One of the New Rules is to “Demand the Ball”. Where could you demand the ball that you have been reluctant to step up to in the past?
3. What New Rule have you learned today that you could apply outside of sports into the rest of your life?
4. What New Rule do you want to focus on in the coming months?

*New Rules Workshop adapted from Abby Wambach's *Wolfpack* and her New Rules of leadership.

“Tournament of Values”- Breakout session

- * Why is it important to name your top values?
- * What is hard about owning your values when they come up against one another?
- * How can you use your values to build team norms?
- * Leadership Model adapted from Jeff Janssen, MS, Team Captains Leadership manual.

Owning your Next - Heidi Sipe

- What gets in the way of you owning your impact?
- What are 3 big limiting beliefs or “stories” that you tell yourself?
- What is your “impact intention”?

Questions + Reflections from the day:

- What were the “A-ha” moments that resonated with you today?
- What's in the way of your leading authentically from the heart?
- Confidence is a skill. In what ways are you most confident? Where do you need to practice your confidence?
- How strong is your defense against your inner critic?
- How have your struggles helped you find a new way of thinking about a situation?
- What are the areas of your life that you're ready to **OWN**?