



QUESTIONS + REFLECTIONS

Owning your Struggle

- 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?

Compass Points Activity “What type of Leader am I” (Breakout session)

- What surprised you about your leadership style?
- What’s your directions biggest pet peeve with this compass point?
- What’s challenging about having this direction on the team?

“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?

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**?