



Reflection Worksheet:

Use this worksheet to reflect on your experience in the workshop and identify how you can apply what you learned.

Personal Reflection

1. When was the last time you avoided a tough conversation? Why?

2. What was one insight or tool from today that resonated with you the most?

3. What skill (defusing, framing, holding space) felt most natural or most challenging?

Application in Your Role

4. Where in your steward role do you anticipate using these skills?

5. What is one upcoming tough conversation you're preparing for?

6. What's one small step you can take this week to move that conversation forward?
