



THE CHALLENGE WITH CHANGE WORKSHOP REFLECTION GUIDE

Directions: After watching the workshop, complete the reflection questions below.

1. How did this session help you grow as a leader?
2. How can you use what you learned in your own chapter?
3. How have changes in your life shaped who you are?
4. What about this session impacted you the most and why?
5. What about this session sparked your interest and made you want to learn more?
6. How can your mindset when going into a big life change impact how you handle the change?
7. What positives and negatives can you take away from changes in your life?