



VIBIN' AND THRIVIN' WORKSHOP REFLECTION GUIDE

Directions: After watching the workshop, answer 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 can knowing your vibe improve your leadership and teamwork?
4. What about this session impacted you the most and why?
5. How can we all use our own strengths to be a better team?
6. What topic in this session sparked your interest and made you want to learn more?