

WEEK 2

REFLECTION & APPLIED PRACTICE



5 MINUTES

Pass out the Take-Home Impressions form and ask the participants to complete it.

As we come to the end of our group, let's take some time to reflect on what we did today.

- Please share your responses if you'd like.

For our next meeting, I would like you to review your S.M.A.R.T. goal(s) and start working on meeting that goal. Review your goal(s) with your designated support person and encourage them to help you stay on task with your goals over the course of the next few weeks. Be prepared to discuss the next time we meet.



DISCUSSION PROMPT

Do you have any questions? What were your favorite and least favorite parts of the session?