
Expanding your capacity to create and support the change you envision for yourself and the organization

In groups of 5:

- 1) Name and describe your go-to food or beverage you like to make. What are your signature dishes/beverages?

In groups of 4:

- 2) What do you do and where do you go to relax and rejuvenate?

Find people with similar shoes:

- 3) Who or what are you always willing to make time for?

Find people in your birth month:

- 4) What piece of wisdom would you pass on to a person in the next generation?

1. Write your name here and share it's meaning



2. Describe or illustrate where you were born, raised, and what impact that had on you.



3. Name and describe someone you admire



4. Describe or illustrate key milestones in your life and professional journey



5. List 3 adjectives that describe **YOU**



6. Describe or illustrate a **GOAL** or something **NEW** you are trying to learn

