



## Session Worksheet

I will attend the following sessions to strengthen my professional development.

***[Please add in the learning outcomes and how they will benefit you, your team, and your organization.]***

Sessions	Benefits and Learning Outcomes
<p><u>Day 1</u>            Boldy own who you are, bond with others through music and a purpose-driven card game, empower meaningful lifelong connections, and set your intention. Know that where your intention goes, energy flows.</p> <ul style="list-style-type: none"> <li>• Guided Meditation</li> <li>• Intention Setting</li> <li>• Music with Meaning</li> <li>• Courageous Connections</li> <li>• Share Meaningful Moments</li> </ul>	



Sessions	Benefits and Learning Outcomes
<p><u>Day 2</u> Share what you discover about yourself, benefit from a reflective response activity, anchor with gratitude, release that which no longer serves you, and reclaim yourself with a renewed sense of belonging.</p> <ul style="list-style-type: none"> <li>• Conscious Communication</li> <li>• Reflective Response</li> <li>• Grounding with Gratitude</li> <li>• Releasing Ritual</li> <li>• Affirm New Beginnings</li> <li>• Share Meaningful Moments</li> </ul>	
<p><u>Day 3</u> Embrace who and all that you are, deepen your life's desires, embody confidence, and emerge with practical tools for being fully committed to your vision.</p> <ul style="list-style-type: none"> <li>• Conscious Communication</li> <li>• Deepening Your Desire</li> <li>• Wholehearted Commitments</li> <li>• EmbraceYou™</li> <li>• Grounding with Gratitude</li> </ul> <p>Share Meaningful Moments</p>	