

SELF REFLECTION

LOOKING AT THE MATERIALS PROVIDED, WHICH SKILLS DO YOU PERSONALLY NOTICE YOURSELF ENGAGING IN AND/OR USING MOST OFTEN IN YOUR OWN LIFE OR WORK?

HOW DO YOU MODEL THESE SKILLS FOR OTHERS?

WHICH SKILLS DO YOU FIND MORE CHALLENGING OR LESS NATURAL TO ENGAGE IN — AND IN WHAT CONTEXTS?

WHEN YOU FACE A DIFFICULT SITUATION, WHICH SKILL FROM THE TOOL DO YOU NATURALLY LEAN ON FIRST?

SELF REFLECTION

WHICH SKILLS WOULD YOU LIKE TO STRENGTHEN FOR YOURSELF TO MODEL THEM MORE EFFECTIVELY FOR CLIENTS?

HOW MIGHT YOUR OWN TENDENCIES (STRENGTHS OR GAPS) INFLUENCE HOW YOU TEACH OR PROMPT THESE SKILLS WITH CLIENTS?

OTHER THOUGHTS?