Moving Forward

1. As you moved through the training, what learning was already familiar to you? What did you already know? Think about specific skills or knowledge.
2. Identify any content that was particularly striking or powerful for you and why it was powerful.
3. What content didn’t fit for you?
4. Describe 3 ways that you can implement skills or knowledge from this resource into your daily life.
5. If you wanted to continue talking about these ideas, who could you connect with?
6. Additional resources or supports that you’d like to explore:

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