
HEAD: Did today's session ignite new thoughts or ways of thinking? If so, please describe.

Name: _____

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Organization Name: _____

HEART: What, if anything, spoke to your heart, principles, values, etc.?

HANDS: Are there skills or tools that you will take away from this session?

FEET: Did this session make you want to "take-action" or do something new? If so, what?

Do you have any recommendations for how we might improve the sessions?
