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Quest: Sharing and social wellbeing

What to do?



- **Present to some colleagues the insights from Module 4:**
- Summarize your insights and lessons from the meeting.
- Share them with individuals with whom you would like to foster social well-being.
- Don't skip the topic of personal aha moments and key realizations.

Why should I do it?



- Reflecting on the meeting will cause you to remember more things and take more value from the module.
- By passing on insights to colleagues, you'll help them grow too.
- You will gain additional insights and feedback that will further enrich you.
- You'll create a relationship of trust and a safe space for growth - showing that you're growing and learning too.

When do I have it done?



- I have arranged meetings with at least 3 colleagues with whom I would like to strengthen social well-being
- I have prepared myself and made a framework of what I want to share.
- I have shared the content and my insights from Module 4.
- I have openly shared what I have come up with in relation to my personal beliefs, the topic of leadership and community.
- I have shared my findings with my triad.

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WHICH IDEAS CAUGHT MY ATTENTION THE MOST?

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WHAT DO I START WITH?

WHAT AM I GOING TO END UP WITH?

WHAT AM I CONTINUING TO DO?

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WHAT EXACTLY AM I GOING TO DO AND WHEN?

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