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The power of connection:
Sharing experiences



CHECK IN



- What is your name?
- With what feeling are you sitting here?



WHY?

WELL BEING & SUCCES!

- Mental and emotional health
- Support and cooperation
- Creativity and innovation
- Personal growth
- Community spirit





PART 1:

- Expose yourself through questions
- Reflection



PART 2:

- Group bonding
- Reflection



CHECK OUT

- What are you taking with you?
- What are you grateful for?

