

# A CULTURE OF CONNECTION



## Growing and Glowing

Watch the Video: <https://youtu.be/ZiC-iH2PXTQ>



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## DISCUSSION QUESTIONS

1. What is one success or achievement you had this year, and/or what is one lesson you learned from a struggle this year?
2. How do your personal or professional goals impact your daily life? How do your team's goals guide you forward each day?
3. Share an example of a vision or goal you are working to achieve.



Linda Golik, Health and Wellbeing Consultant

We welcome your feedback. Contact us with any questions, concerns or ideas.

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