

“We believe growth and learning are uncomfortable so it’s going to happen here - you’re going to feel that way. We want you to know it’s normal and it’s an expectation here. You’re not alone and we ask that you stay open and lean into it.”

— Brené Brown

Who are you...

Ask 2 Questions to each person at your table

First Question - "What's your name?"

Second Question from this list

- What is your favorite movie/book/tv show?
- Where are you headed for your next vacation?
- Which Mobile App do you use the most?
- If you were going to get away with murder, how would you do it?
- What is your retirement dream?
- Tell me one fun fact about yourself?
- What is your superpower?