



## My Takeaways:

Use this form to note your takeaways for the training you completed.

Once complete share with your Supervisor.

## Reflect

Use this section to jot notes, ideas or takeaways that you might have while watching.



## Activate

It's time to take action! How do you plan to use the information from today's event in your work?



## Share

Who can you share this information with? Who can you teach? Can you think of anyone that would benefit from any of these ideas? Use this space to write down who you will share this with, how you will share it, and when.

