



REFLECTION GUIDE

After listening to **Cognitive Moves for Success (Healthy and Thriving Environments for Strong Connections and Strong Schools, Part 1)**, consider the following questions on your own or with a professional learning community.

Reflect on what may be a communication strength you would like to celebrate. What is one you choose to be more attentive to?

1

Reflect on common communication pitfalls. What communication tendencies could be set aside to improve communication and relationships with others? Is there a communication pitfall you have experienced in a school setting? How might you approach this differently after listening to this podcast?

2

Think about language shifts you can make to help others know you recognize their full humanity. What are two language shifts you will make in your communication style?

3

Reflecting on your role in your school or community, how does the way you show up as an active participant impact the culture and climate of the spaces you participate in? In what ways do your communication strengths enhance this culture and climate?

4

How has Mary and Taryl's sharing impacted your vision for a healthy and thriving school/community? What are the immediate next steps you will take to put your vision into action?

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