

## **Circles of Trust Session Leading from Within**

### **Prompts for Reflecting on Shadow/Light Experiences:**

1. What makes this event remain in your memory?
2. How does it feel to reflect on this event even now? You might take note of how it feels in your body.
3. What was it about the other person that evoked such a reaction in you?
4. As you think about your behavior in this incident, what part of who you are was surfacing?
5. What did this incident teach you about who you are as a leader?