

# Reflections

## Getting Started Module

1. What do you hope to learn or achieve from taking this course?
2. What will make the course successful for you?
3. What are some of your challenges around communicating with your colleagues, family and community?
4. With whom would you like to have an open-minded conversation? (Your friend, colleague, family member, etc.) What is a situation/case you would like to focus on in this course? You will have the chance to plan this conversation and practice.
5. What comments or questions do you have of the facilitator and other participants in the course? (You are invited to introduce yourself and share a bit about yourself and a case you would like to explore—without names— on the private Facebook Page for this course.)