

# *Returning Well Companion Equipping Webinars*

## Reflection Guide

Use these questions **after** engaging each webinar to get the most out of your equipping experiences.

### Reflections

As you take a moment to reflect on this webinar, what items most stand out to you? What makes each of these stand out?

### Serving as a Companion

What is one take-away that you are gleaning from engaging this webinar (perhaps an insight or new thought) that will help you to better serve as a *Returning Well* Companion?

What difference do you expect this insight will make as you serve as a Companion?

### Next Step

What is your next action step based on your reflections on this webinar?

