

Leadership Workshop

Post-Workshop/Retreat Integration & Reflection Form

Name

Date:

Workshop/Retreat Attended:

1. Reflections on Leadership Growth

What insights did you gain about your leadership style or purpose?

What changes or shifts do you want to bring into your work or team culture?

- More transparency and open communication
- Prioritizing well-being and sustainability
- Leading with empathy and curiosity
- Setting clearer boundaries
- Delegating and trusting more
- Other: _____

How are you planning to share what you've learned with others (colleagues, direct reports, clients)?

Where might you need coaching, mentoring, or peer support to lead from this new place?

2. Home & Work Integration

How have your relationships at work or at home responded to your post-retreat mindset?

- Supportive and encouraging**
- Neutral or curious**
- Resistant or uncomfortable**
- Mixed reactions**
- I haven't shared much yet**
- Other: _____**

What aspects of your daily routine or leadership habits now feel misaligned?

Examples: over-scheduling, reactive leadership, over-functioning, people-pleasing, unclear priorities, etc.

3. Sustaining New Practices

What practices (e.g., reflection, journaling, mindfulness, strategic pauses) are you committed to continuing?

How much time can you realistically dedicate to those practices in your current schedule?

What barriers or challenges might interfere with maintaining these new habits?

(Example: lack of support, stress, competing priorities, self-doubt)

4. Emotional & Mental Integration

What emotions or internal shifts have surfaced since returning?

What values or priorities feel newly important in your leadership? (Check all that apply)

- Authenticity**
- Boundaries**
- Purpose-driven impact**
- Compassion**
- Presence**
- Vision and clarity**
- Team well-being**
- Alignment with personal values**
- Other:** _____

What might need to shift in your role, team, or organization to stay aligned with these values?

5. Support & Accountability

Do you have a system (coach, peer group, journaling, reflection tools) to stay connected to your retreat insights?

- Yes, and it's working**
- Yes, but I need to engage it more**
- Not yet—I'm looking for support**
- I'm unsure what would help**

On a scale of 1–10, how confident do you feel in your ability to lead from this new perspective? (1 lowest- 10 highest)

What would help increase your confidence or momentum?

6. Final Reflection

If you could carry just one core leadership lesson or mindset shift forward, what would it be?



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