



# Reflection Cafes - \$1K

**Primary Purpose:**

Follows the TIS 101 training (asynchronous and/or live). Identify and review key teachings of the training as well as the organization's commitment to change.

**Activity Overview:**

Conversational session to process and reflect on the content of the TIS 101 Training. Participants reflect on the content and their context and use a Start/Sustain/Stop reflection tool to extend their commitment to change.

**Time: 90 mins - 2hrs**

Group size limits: Depends on organization's logistics

**Outcome:**

Gain a deeper understanding of the TIS 101 content. Participants reflect around the content and their context, and use a Start/Sustain/Stop reflection tool to extend their commitment to change.

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