



# Reflection Journal: Courageous Conversations

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This journal is designed to help you reflect on your learning during the workshop and prepare for courageous conversations in your veterinary practice. Use the prompts to capture insights, track growth, and plan your next steps.

## 1. Personal Insights

What stood out to you most from today's workshop?

How do you currently feel about having difficult conversations?

## 2. Internal Barriers

How do people-pleasing or conflict-avoidance tendencies show up in your work?

## 3. Communication Styles

What is your natural communication style?

How might your style help or hinder tough conversations?

What is one way you could flex your style to better connect with others?



#### 4. Applying the Courageous Conversation Framework

Choose one real conversation you've been avoiding and map it using the framework:

- My intent and desired outcome:
- The issue I need to name clearly:
- How I will hold space for response:

#### 5. Practice & Feedback

What did you notice when practicing conversations in roleplays?

What feedback did you receive from peers or observers?

#### 6. Commitments & Next Steps

What is one courageous conversation you commit to having in the next week?

What support or preparation will help you succeed?

How will you measure your growth as you practice these skills?