

## Post-Experience Reflection Sheet - Business & Adult Teams

Keep the momentum going after your team building program. This reflection sheet helps workplace teams, nonprofits, and adult groups identify insights, commitments, and action steps for better collaboration, communication, and trust back at work. Designed to turn a fun day outdoors into measurable growth for your organization.

### Quick Check-In:

1. What was the most surprising thing you learned about your team today?
2. What was a personal highlight or win for you?
3. How did your team handle moments of uncertainty or challenge?
4. What skills or strategies can we bring back to the workplace/office?

### “What’s Next?” Discussion Prompts

- ✓ What should we do differently as a team moving forward?
- ✓ How can we keep the energy, communication, or momentum going?
- ✓ Who stepped up in a way that surprised or inspired you?

➔ Use this reflection at your post-event lunch or next team meeting to carry CVTC’s impact into your workplace culture.

