

### **Questions to ask participation-driven audiences**

- Why did you sign-up for the online session/program and what is your intention of participating?
- What do you hope to get out of the online session/program?
- How does this online session/program relate to your professional or personal life?

### **Questions to ask content-driven audiences**

Ask the questions in the following order:

- Why does this problem matter?
- Why does the problem exist?
- Why hasn't it been solved already?
- Why might that change now?
- How does this relate to your professional or personal life?

### **INSPIRATION**

[1] Exercise Example: [Future Mapping](#)

[2] Exercise Example: [Critical Thinking Mindset](#)

[3] Exercise Example: [Reflection: Individual](#)

[4] Exercise Sheet Example: [Best Possible Self: Visualization Exercise](#)

[5] Video (7:49): [Working with Our Future Self](#)

[6] Video (3:02): [Best Future Self. Featuring Angela Duckworth](#)