MODULE 1 / SAMPLE PACK

LEGACY

Who You Are & How You Show Up

A self-paced learning experience
for companies and organizations

Turn reflection into an everyday action.

Connect identity and values to the choices you make, the space you create for others, and the impact you want to leave.

LEARN & REFLECT

A 34-slide learning deck and a 14-page fillable workbook. Allow 60-75 minutes at your own pace.

PUT IT INTO PRACTICE

Choose one legacy act. Use the seven-day Legacy Tracker, then review what you learned.

No video or live presenter is required. Optional facilitation is available with Garrison Thomas.

Preview for evaluation. Includes selected excerpts, not the complete module.

LEARNING DECK PREVIEW

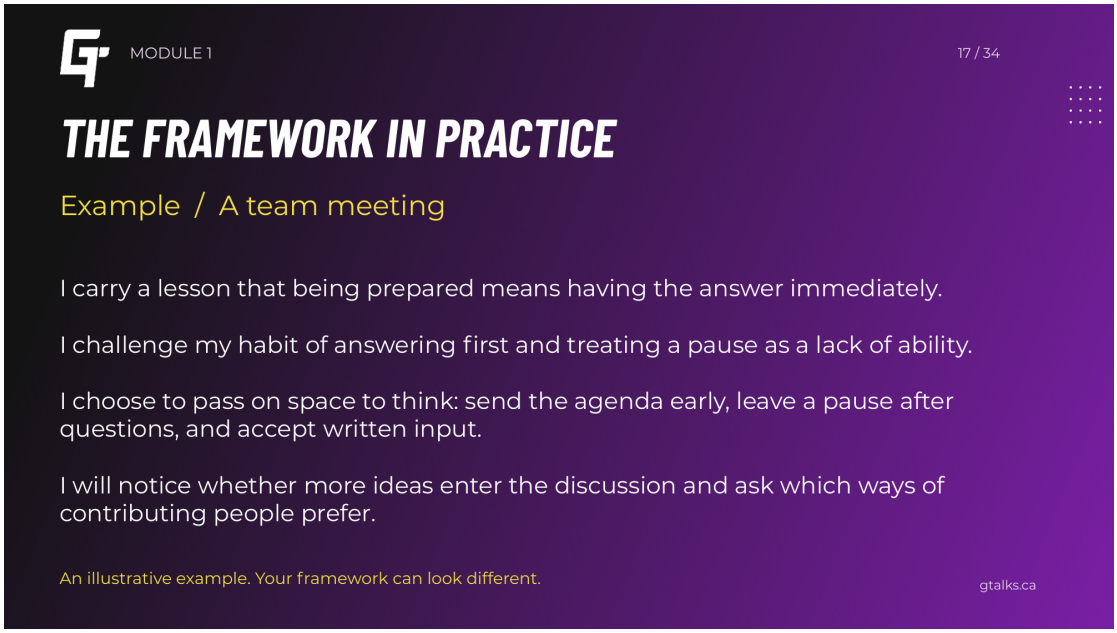
Carry. Challenge. Pass on.

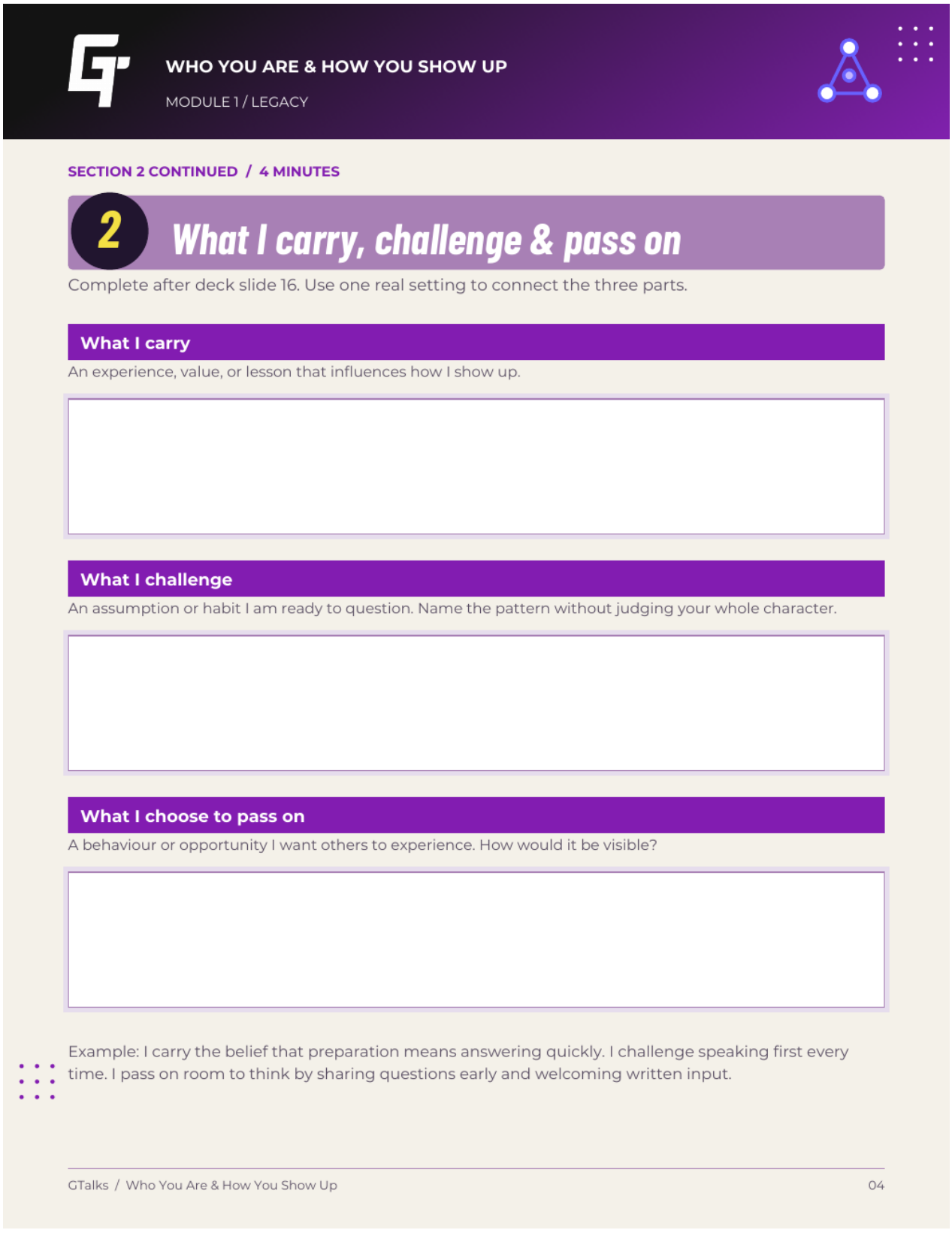
Two excerpts show how the original framework connects to an everyday workplace choice.

LEARNING DECK / SLIDE 15



LEARNING DECK / SLIDE 17





WHO YOU ARE & HOW YOU SHOW UP

MODULE 1 / LEGACY

SECTION 2 CONTINUED / 4 MINUTES

2 What I carry, challenge & pass on

Complete after deck slide 16. Use one real setting to connect the three parts.

What I carry

An experience, value, or lesson that influences how I show up.

What I challenge

An assumption or habit I am ready to question. Name the pattern without judging your whole character.

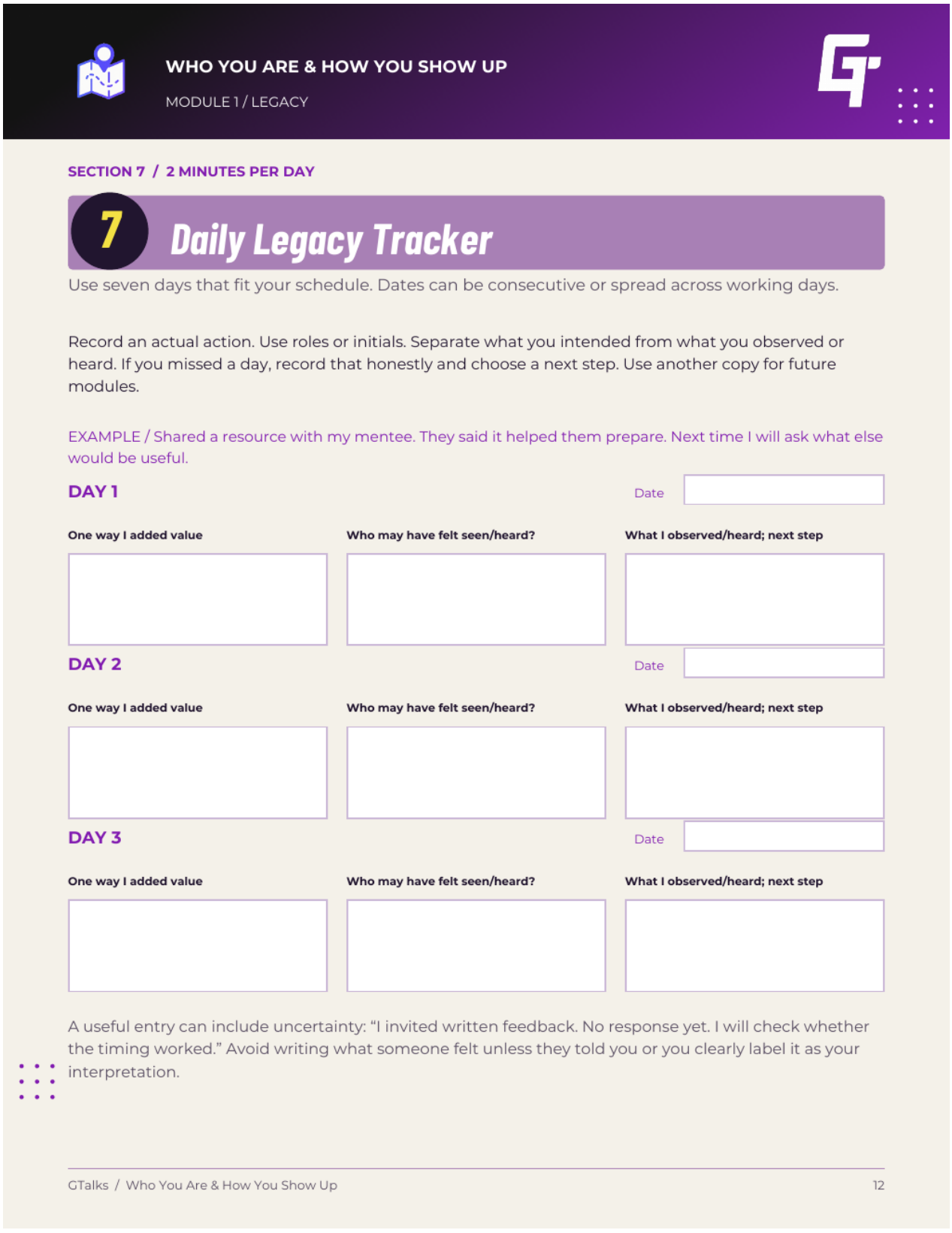
What I choose to pass on

A behaviour or opportunity I want others to experience. How would it be visible?

Example: I carry the belief that preparation means answering quickly. I challenge speaking first every time. I pass on room to think by sharing questions early and welcoming written input.

GTalks / Who You Are & How You Show Up 04

An actual workbook excerpt. The purchased workbook contains fillable fields; this preview is for evaluation.



WHO YOU ARE & HOW YOU SHOW UP

MODULE 1 / LEGACY

SECTION 7 / 2 MINUTES PER DAY

7 Daily Legacy Tracker

Use seven days that fit your schedule. Dates can be consecutive or spread across working days.

Record an actual action. Use roles or initials. Separate what you intended from what you observed or heard. If you missed a day, record that honestly and choose a next step. Use another copy for future modules.

EXAMPLE / Shared a resource with my mentee. They said it helped them prepare. Next time I will ask what else would be useful.

DAY 1 Date

One way I added value	Who may have felt seen/heard?	What I observed/heard; next step

DAY 2 Date

One way I added value	Who may have felt seen/heard?	What I observed/heard; next step

DAY 3 Date

One way I added value	Who may have felt seen/heard?	What I observed/heard; next step

A useful entry can include uncertainty: “I invited written feedback. No response yet. I will check whether the timing worked.” Avoid writing what someone felt unless they told you or you clearly label it as your interpretation.

GTalks / Who You Are & How You Show Up 12

An actual tracker excerpt. The complete workbook includes seven daily entries and a final review.