



**Group Discussion**

- 1. What were some of the messages you heard in the video related to courage and inclusion?**

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- 2. Erik did not have exposure to people who were different than him when growing up. Erik opted to move to a more diverse location when he was older. What are some ways we can increase our cultural awareness?**

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3. Brian experienced a lot of mentors and role models over the years (former teachers and coaches) that have made a huge impact on his life and wanting to give back to the community. How many of you are a mentor or mentee? What do you like about your experience? Are you a mentor within your organization or in your community?

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4. Erik said that one of his 'aha' moments was when he realized that "*when other people are grieving, he needs to grieve with them.*" Have you experienced a situation where you could empathize with someone's pain or misfortune? Why is empathy such an important skillset?

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