

TEAM WELLBEING

Want to boost your team's wellbeing?

Start your meetings with a meaningful check-in.

Here are 52 questions you might ask — one for every week of the year!

01 What have you learned from a recent project, and how is it / has it been useful to you?

02 What are you most looking forward to in the coming days or weeks?

03 Have you been sleeping well recently? What have you been doing to make this so? If not, what could you do differently?

04 What have you been doing recently that has made you feel especially happy? Why?

05 How does your work align with your personal values? Share 1-2 examples.

06 How has your recent work had a positive impact on others?

07 What is a strength you've noticed in a colleague? What were they doing?

08 Over the past week, what about your work has brought you joy?

09 Have you been moving your body recently? What have you been doing and how has it made you feel? If not, what could you do differently?

10 What has happened this week that has negatively impacted your mood? What strategies do you have for working through this?

11 Have you spent time nourishing yourself recently? What have you been doing and how has it made you feel? If not, what could you do differently?

12 What have you done over the past week to be kind to yourself?

13 What have you done recently for self-care? How did you feel during and afterwards?

14 What activities or hobbies bring you the most joy and fulfillment outside of work, and how do you prioritise incorporating them into your routine?

15 What's something that made you smile recently?

16 What have you done recently to prioritise the things that are most important to you? How is it working for you?

17 What have you done recently to support someone else's wellbeing? How did it make you feel?

18 What have you done recently to repair a difficult relationship?

19 What have you done recently to strengthen an important relationship?

20 Has your work felt energising and engaging in the last few weeks? How? If not, why might this be, and what could you do differently?

21 What important goals are you currently working towards?

22 How is your wellbeing? What do you do to protect and nurture it?

23 What is something you appreciate about a colleagues? Why, and what impact have they had on you?

24 What new skills are you currently learning? Why are you focusing on these skills?

25 What positive interaction have you had with team members recently? Describe how it made you feel.

26 What relationships have you found most challenging recently? What has happened, and what might you do next?

27 What were you doing the last time you experienced 'flow' (that feeling of being completely absorbed in something)? Describe how it felt.

28 What's a goal you've recently accomplished, and how did you celebrate it?

29 What's a new goal you've set for yourself recently? Why did you choose this goal.

30 What's a recent achievement you're proud of, and why?

31 What's a recent act of kindness you've witnessed or received in the workplace?

32 What's a recent challenge you've overcome, and how did you feel afterwards?

33 What's a recent collaboration you've enjoyed? Why?

34 What's a recent mistake you've made, and what did you learn from it?

35 What's a skill you've recently developed, and how has it helped you?

36 What's been going on for you over the last few weeks, and how has it impacted the way you've been feeling?

37 What's one good thing that has happened to you this week?

38 What's something rewarding that has happened recently? What made it so?

39 What's something that has made your work feel meaningful recently?

40 Is there a practice you'd like to incorporate into your wellbeing routine? What is it, and how might you make it part of your lifestyle?

41 What's something you admire about a colleague(s)? Describe.

42 What's something you did recently that made you feel really good? Why?

43 What's something you're planning to do to unwind, relax, and recharge over the weekend?

44 What's something you've done recently that aligns with your "legacy" and how you want to be known?

45 What's something you've done to improve a negative mood recently? Describe the strategy and how it made you feel.

46 What's something you've recently learnt about yourself? How did you come to learn this.

47 What's the best thing about today?

48 When did you last experience awe? What were you doing, and how did it feel?

49

When was the last time you used your strengths? What were you doing, and how did it feel?

50

When were you feeling your best this week? What were you doing?

51

Describe how you worked through a recent challenge? What strategies did you use, and what skills did you build?

52

Who or what are you grateful for right now, and why?

Meeting Template

Date:

With whom:

Objective:

- Agenda — things to cover.

- Actions — things to do.

Notes — ideas, thoughts, questions.
