

DIFFERENT WAYS TO CHECK IN WITH A COLLEAGUE + ASK WELL-BEING QUESTIONS DIFFERENTLY

CONSIDER YOUR OWN IDEAS TOO + REMEMBER TO USE OPEN QUESTIONS WHERE POSSIBLE



- What's that like for you?
- How would you feel about sharing your situation with me?
- How do you know you are doing a good job?
- What makes you feel like things aren't working?
- What works best for you in this situation?
- What's the question you need to ask yourself right now
- Can you help me understand the challenge for you right now?
- What helps make work "work" for you?
- Can you share a personal top tip for well-being with me? I am looking to improve my own and looking for ideas.
- Tell me something "good, inspiring ,complicated, confusing, frustrating" about your day...

JKChangeWork

Therapeutic Coaching & Personal Change



ALWAYS THANK THE PERSON WHEN THEY SHARE + ACKNOWLEDGE SOLUTIONS.