

Questions to support each other to get through the day



These questions are designed to be used to support people in their place of work. They can be used for personal self-reflection or used by teams and with colleagues by incorporating them into everyday practice.

The 'Check in' and 'Check out' questions can be used at the start, and end of the shift.

The 'Check through' questions can be used, when required, during the shift. These questions can be particularly helpful to reflect 'in action' and could be used in situations where people may be looking for someone to listen, provide support or guidance—perhaps because they may have experienced something that was significant or they have something on their mind that really matters to them.

Check in....

- ◆ What would be useful for me/us to know?
- ◆ What would make today better?

Check through the shift....

- ◆ What's on your mind just now?
- ◆ Can you put your finger on why?
- ◆ What can we do about it just now?



Check out of the shift....

- ◆ What do you want to share about today?
- ◆ What do you need to leave behind?

Check in

Check through

Check out