

PAUSE

for check-in questions

Checking in allows people to be more sensitive towards others needs, not just throughout the meeting, but also throughout the day. Checking in as a deliberate habit will build a solid foundation for when difficult conversations arise.



- How are you doing at this moment?
- How full is your tank today?
- What's your high and low today?
- What is your personal weather status (cloudy, foggy, sunny breaks etc)?



- What's your favorite breakfast food?
- What's your favorite ice cream flavor?
- Would you prefer to travel forward in time, or back?
- What was your first job?
- If you could meet any historical figure, who would you choose and why?
- Are you spring, summer, fall, or winter? Please share why.
- Are you sunrise, daylight, twilight, or night? Please share why you picked your time of day.

For more resources, contact Work Life Consultant Elisa Salazar, LMSW

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