

Connection Question Resource

Use these questions in collaborative settings to promote connection, trust, and engagement.



WORK-RELATED

1. How would you describe your job to a five-year-old?
2. What does it mean to thrive in your role at work?
3. Share a work-related win and woe with the group.
4. What are three things on your desk that you couldn't work without?
5. What is one element of your work that energizes you?
6. What brought you to your profession or field?
7. What's something you did for work recently that you're proud of?
8. What helps you stay organized at work?
9. How did you get into your profession?
10. If you could swap skills with a colleague for a day, who/what skill would you choose?

IMAGINATION & CREATIVITY

1. Imagine that we have 25 hours in a day. What would you do with that extra hour?
2. If you could be an animal, what would you be? And why?
3. If you had a magic wand, what would you change about your world today?
4. If you participated in a school field day, what event would you win?

COLLABORATION & GROUP ALIGNMENT

1. Tell me about a collaboration win?
2. If you could choose one superpower that would enhance collaboration, what would it be?
3. What are you interested in learning about from others in today's meeting?
4. What excited you about the last meeting?
5. Why are you here today and/or why are you a part of this group?

PERSONAL DEVELOPMENT & SELF-CARE

1. What is one way you are taking care of yourself this season?
2. What is one practice you do to take care of yourself? *This can be related to work, personal life, family, school, etc.
3. What is something new you have recently learned?
4. What is one habit you try to do every day? Or what is one habit you would like to build?
5. What was your first job and what did you learn from this job?
6. Why is doing what you do important?
7. What is a skill you wish you had or would like to learn?
8. What's something on your desk, a nearby wall, or out the window that cheers you up during the day?

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INTERESTS & PREFERENCES

1. What is something you do that brings you joy and is uniquely YOU? *This cannot be work-related or in service to your family, children, or partner.
2. If you had to give a 20-minute speech on a topic (unrelated to your profession), what would it be?
3. Who inspired you most recently?
4. What is your favorite restaurant?
5. What is your favorite quote?
6. Who is your favorite fictional character?
7. What is your “pick of the week?” – this can be a TV show, movie, book, article, podcast, etc.
8. What seasonal activity have you not had the chance to do yet?
9. What makes you laugh?
10. What is one activity/trip/event you are looking forward to this season?
11. How many alarms do you set in the morning?
12. Where do you currently live and what’s a random, off-the-beaten-path spot you would show a friend who is visiting for the first time?

ACCOMPLISHMENTS & GOALS

1. What is a recent accomplishment that you are proud of?
2. What is something you have learned in the last month that you would like to share with others in the room?
3. What is something you have learned this year that you plan to bring into the new year?
4. Do you have a word for the year? If not, what could it be?