



Colleague Conversations

Relationships with your colleagues are essential to a healthy, positive work culture. One way to foster work relationships is to have intentional conversations.

These questions relate to the content in the Compassion Resilience Toolkit.

1. What got you into this line of work?
2. What keeps you going and able to bring compassion to yourself, colleagues and clients?
3. What wisdom do you have about how to balance care for yourself while being compassionate to others?
4. What is something you have done differently over the past year or two that has helped you to show up in the way that you desire for yourself, your colleagues and your clients?