THE ACADEMY OF HIGH PERFORMANCE TEAMS

Check in questions for your team

Bigger relationships = Bigger conversations

1. What's one new and interesting thing you've been thinking about lately?
2. What's one thing that brings you energy and joy?
3. What is your personal weather status (cloudy, foggy, sunny breaks etc)?
4. What's one thing that you're really proud of that you'd like to share with the group?
5. Why did you accept the invitation to join this session?
6. What would you like to learn or contribute?
7. What's become apparent since we last met?
8. What question is being asked of you right now?
9. What are you noticing in your environment that relates to this team?
10. What are you willing to set aside in order to be present with this conversation?
11. How are you arriving at our session today? What do you need to acknowledge that is going on for you, which will allow you to engage with the process?
12. What's at the edge of your awareness that may end up impacting this team?
13. If you could invite someone you respect to sit beside you and support you in making this meeting successful, who would that be? How could they support you?
14. What's one thing you want to make sure we talk about at today's meeting?
15. What is one interest of yours that others in this group might not know about?
16. What is a recent success you've experienced?
17. What aspect of your job brings you the most satisfaction?
18. Given our work so far as a team, what do you feel best about?
19. Share a one- or two-word intention you hold for today's session
20. What is something you have come across recently that has given you hope or inspiration?

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