

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 are just examples and staff may also have their own questions they would want to use.

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 to them, or provide support and/or guidance.



CHECK IN

- 1 What would be useful for me/us to know?

- 2 What would make today better?

CHECK THROUGH

- 1 What's on your mind just now?

- 2 Can you put your finger on why?

- 3 What can we do about it just now?

CHECK OUT

- 1 What do you want to share about today?

- 2 What do you need to leave behind?