

52 conversation starters

Eat



1. Pick one colleague to have lunch with (virtual lunch).
2. Share what you had for dinner last night. There are no right or wrong answers.
3. Eat with your team at lunch and talk about life!
4. Challenge your team to a "no added sugar" day.
5. Be vulnerable and share with your team a food or drink you turn to when stressed and how you feel about it.
6. Share and discuss healthy food swaps (that can apply either at work or at home).
7. Ask staff what their ideal healthy breakfast might be.
8. Everyone bring one healthy snack to the next meeting and set it on the table/ share it.
9. Challenge the team to drink only water in the office for a day, week or month.
10. Commit to a "smoothie" morning, making and sharing smoothie recipes in the office.
11. Invite each member of the team to share an anxiety or worry around food or diet.
12. Provide fruit for the team, meeting or office.
13. Set smart, achievable targets around food or diet with your team. Share and discuss them.

Sweat



1. Have a walking meeting.
2. Have a standing meeting.
3. Try some at desk stretches and movements before beginning a meeting.
4. Invite colleagues to run or work-out with you.
5. Share a Sweat commitment: "By the next meeting I will have..."
6. Be aware of your posture for the whole meeting! Hold each other accountable.
7. Try a no-sitting day, morning or afternoon.
8. Take one of your breaks outside and go for a walk, either alone or in groups.
9. Swap your office chair for a gym ball or a stool.
10. "Ban" the use of the lift for the week, try to use the stairs as much as possible.
11. Assess your workspaces ergonomically, are your seats, screens and keyboards in their most ergonomic positions?
12. Share step counts in the office; set a target for your team to meet over the next day, week or month.
13. Encourage teams to walk or cycle at least part of their commute. Car pools could park further from the office for instance or train commuters get off a stop earlier than usual.

Think



1. Share one thing that is challenging you in your life and how you will overcome it.
2. Take 3min and connect to silence and your breath.
3. Mindfulness minute. Notice the room, the sounds, yourself, connect to the moment.
4. Start the meeting with 3min of deep breathing: 6sec inhale, 4sec hold - and release.
5. In 10yrs where will you be?
6. Prompt staff to quickly audit their non-essential obligations. Are they able to make a little time for themselves in the day?
7. Everyone in the room push the reset button! Acknowledge your thought life, if something is concerning you notice it, if you're living in the future and stressed notice, shut your eyes squeeze them tight and put a big fat x over that thought and when you open your eyes you've got a fresh start.
8. What is the funniest thing that has ever happened to you?
9. What does strength mean to you?
10. Have everyone on the team share 2 gratitudes.
11. Share what your intention for the day is.
12. What is one small change you'd like to create in your life?
13. Block out, and then share with your team, some non-contact time when you cannot be reached.

Connect



1. Who is the most important person in your life?
2. What is your hobby? Share it with the meeting and discover theirs.
3. What is one thing you'd like to change about your life? Discuss.
4. Take 3mins to look at each person in the room. Don't talk just look.
5. Give a hug to your team members (BUT...carefully consider what is appropriate in your workplace).
6. Find one way to be of service to your team right now and share.
7. Reveal something about yourself that your team doesn't know.
8. Everyone on the team make the most ridiculous face possible.
9. Create and commit to a wellness practice that is unique to your team. One you will do at every team meeting.
10. Reveal a resentment. Refrain from diatribes.
11. Describe what "Something greater than you" means to yourself and share how you connect with it.
12. Make and share a commitment to reconnect with a colleague you haven't spoken to or seen in some time.
13. Discuss and share your accountability partners (whom can be in the workplace or at home).