

Q&A Corner



Duration: Variable

Objective


This activity helps team members get to know each other beyond the work and build trust.

Use

This activity is done as a team or group over the course of a week. The questions can also be used in an ice-breaker activity at either in-person or online team meetings.

Context

Building trust and putting people first are core values that foster a safe, supportive and mentally healthy workplace. By asking questions and getting to know one another, we can build positive relationships that help us when things are down to the wire at work or when we need extra support.



Q&A Corner

Sharing with people around us is a great way to get to know each other and learn new things. Every week a new question will be posted. Please feel free to share your thoughts and experiences, and don't forget to have some fun with it.

Question: _____ Date: _____

Activity Instructions

- Print off the *Q&A Corner Chart*.
- Fill in the Chart with one of the 45 suggestions from the *Q&A Corner Questions Sheet*.
- Place the Chart in a high-traffic area, like a lunchroom or staff lounge and let staff know it's there. (You might want to make sure a marker or pen is handy.)
- Change up the questions every week.
- Consider inviting team members to contribute questions they may wish to ask.

What You'll Need:

- *Q&A Corner Questions Sheet*
- *Q&A Corner Chart*

Resources that Support Further Learning

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| • Activity: <i>Mission: Possible</i> | • Resource / Worksheets: |
| • Videos: <i>Work Culture is Everyone's Business</i> | <i>Quick and Easy Ways to Practice Gratitude Every Day</i> |