

The 'Best of Us' Prompts

While they're sharing

You get the best of me when...

- » What does that look like in real life? Can you give an example of a moment when someone helped you be at your best?
- » How might that be even more important during this period of change?
- » What's one thing the team could do more of to help you stay in that 'best of me' zone?

You get the worst of me when...

- » How might others recognise when that's happening? What signs should people look out for?
- » What helps you move out of that place when you're feeling triggered or drained?
- » How could we support each other with empathy when we see these moments happening?

You can count on me to...

- » Why does that matter to you? What difference do you hope it will make for the team?
- » How can we hold each other accountable for these commitments during the change?
- » What strengths are you drawing on to make that possible?

What I need from others...

- » How does that help you bring your best?
- » What's the impact on you if that's missing?
- » How might it feel to ask for that support openly as things shift?

The Best of Us

You get the best of me when ...

You get the worst of me when ...

You can count on me to ...

This is what I need from you ...