

Helpful open questions for managers in one-to-ones with staff

How are you? What sort of things are you feeling or thinking now?
What are you working on now?
Tell me more about the progress you have made with.....
What learning have you achieved in the last week?
What else do you feel you have achieved this week?
What activities have contributed towards your goals both personally and professionally?
What things are you doing to create moments of enjoyment in your day or week?
What are you doing for your own health and wellbeing this week?
What sort of things have you built into your daily routine to look after your wellbeing?
What do you need from me?
What other support do you need?