

Reflection Questions on Communication

1. What do I notice about the conversations we have now? What dynamics do I see present?
2. How do I feel about the conversations we have now?
3. What do I want our team's conversations to look and sound like?
4. What purposes do our conversations need to have?
5. How do I want to feel during conversations?
6. What defines a good conversation for me?
7. What might I need to do differently to have the kinds of conversations we want to have?
8. Which skills will I need to cultivate to have different conversations?
9. What am I willing to do to have different conversations?
10. What's the first step I can make for our team to have different conversations?

