

Wellness Wednesday - Creative Conversation Starters

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Have you ever noticed that sometimes it's the little incidental stories that get everyone engaged in a conversation in a lighthearted way? Staff meetings often aren't full of good news and laughter. Hearing about new policies, requirements, or what people have been doing wrong ("you're not allowed to park there") tends to lead to complaining, halted communication among staff, and negative feelings on the way out the door. Icebreakers like these can help to bring people together over a non-controversial topic. Try beginning or ending your meetings with something a little more lighthearted to encourage sharing and laughter.

- Have you ever met anyone famous?
- What's your latest Netflix/Hulu/Amazon Prime binge?
- Have you had any happy surprises lately?
- What was one of your favorite songs in high school?
- Have you been anywhere new lately?
- What's something you want to do in the next year you've never done before?
- Seen anything lately that made you smile?
- How do you like your eggs?
- What's your favorite breakfast food/vegetable/dessert?

- What are 3 words you'd use to describe yourself?
- What movie can you watch over and over and not get sick of it?
- What's your favorite recipe to make?
- What toppings do you like on your pizza?
- What's your morning routine like?
- What are some ways you treat yourself?
- What's your least favorite household chore?
- If you won a free all-expense paid trip anywhere in the world, where would you go?

If you have other fun conversation starters, share them with us!

Sources:

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