

Let's Get Talking:

Conversation Starters

Rule: The aim is to ask each other a minimum of 4 questions each and players are only allowed to skip two questions. The idea is to motivate and encourage everyone to be as open as possible

How are you?
Asking twice - how
are you really?



What is your most
significant source of
strength?



What is on your
mind at the
moment?



What does
'wellbeing'
mean to you?



Who is/was your
greatest teacher
and why?



Do you find it hard
to talk about mental
health at work?



What does
being happy
mean to you?



What is the most
interesting thing you
heard this week?



What experience
scared you but
made you a
better person?



How do you
know when
your body
needs a rest?



In your opinion,
what makes
someone a
good friend?



What proactive
strategies do you
use to support your
mental health?



When was the
last time you
really laughed
and what did you
laugh at?



What do you do
when you're bored,
do you believe you
make the most of
your time?



What two things
would you like to
change about yourself
and what could you
do to change them?



Is there anything
you engage in
that you know is
bad for your
mental health?

