



Colleague conversation starters

12 “watercooler” questions to help colleagues connect

What is one small thing you do to support your wellbeing?

What is your go to comfort food?

What TV show, podcast, or book are you enjoying right now?

If you had a free day with no plans, how would you spend it?

What is something that always brightens your day?

What is something you learned recently?

What is a small win you have had lately?

What is a place you would love to visit one day?

What is a simple thing that helps you relax after a busy day?

What is a song that always lifts your mood?

If you could master one hobby instantly, what would it be?

What’s something about you that colleagues might not know?