

# Find out how People Feel

Employees' lives and experiences outside of the office inform the way they show up to work. Simply recognizing that and encouraging people to feel comfortable sharing builds inclusion because it makes it okay for everyone to be themselves. Try one of the following prompts to kick off a small group meeting or a one on one to set the tone for openness and vulnerability.

- **“If you really knew me, you’d know that...”** This can be something as simple as **“I missed the bus this morning so I feel a bit stressed,”** or something a bit more revealing such as **“I have a family member who is not well and I’m having trouble focusing.”**
- **“The rose (best part) and thorn (worst part) of the last week were...”** This gives everyone the opportunity to bring up both accomplishments and challenges, big or small, professional or personal.