

CONVERSATION STARTERS – QUICK GUIDE

REVIEWING THE PROGRAM WITH A LEADER OR TEAM

Leadership growth is amplified through conversation. Whether you're closing out the program in a 1:1 or sharing your journey with your team, these prompts help you reflect, celebrate, and keep the momentum going.

Option 1: 1:1 with Your Leader or Coach

These prompts are ideal for your end-of-program check-in, or a growth-focused conversation with someone who's supported your journey.

START WITH REFLECTION:

- *"Here's what I've learned about myself and my leadership over the past 10 weeks..."*
- *"One thing that surprised me was..."*
- *"The biggest shift I've made is..."*

THEN SHARE APPLICATION AND IMPACT:

- *"Here's how I've applied what I've learned in real time."*
- *"A change I've noticed in myself (or my team) is..."*
- *"Here's my 30-Day Sandpit Strategy – I'd love your feedback or ideas to strengthen it."*

FINISH WITH NEXT STEPS:

- *"What support could I ask for over the next month to stay consistent?"*
- *"Is there an opportunity to bring some of these tools to our wider team?"*



Option 2: With Your Team

These prompts help you lead a team conversation to reflect on your growth and invite shared insight. It builds trust, transparency, and psychological safety.

TO INVITE FEEDBACK:

- *"You've probably noticed I've been experimenting with a few new things. I'd love your honest feedback – what's been working? What could I do more of?"*
- *"What's changed in the way I show up or lead that you've appreciated (or struggled with)?"*

TO ENCOURAGE SHARED REFLECTION:

- *"What's something we've done differently as a team lately that's helped us feel more connected, effective, or energised?"*
- *"What's one habit or rhythm we might want to keep experimenting with as a team?"*

TO SHAPE THE FUTURE TOGETHER:

- *"Here's what I'm focusing on for the next 30 days. What would make that even more impactful for you?"*
- *"Is there anything you'd like me to keep, stop, or start as your leader?"*

PRO TIP:

Don't try to script it. Pick 1–2 questions that feel natural and use your own voice. It's not about performing progress — it's about owning your growth, and co-creating what's next.