



**Conversation Guide
Q10: I have a best friend
at work**

ASK YOURSELF

- Do members of the group trust one another and me?
- Does the group work well together?
- What does it mean to have friendships at work? What does that do for the group?

ASK YOUR GROUP MEMBERS

- Do you feel that there are members of the group whom you can trust and depend on?
- Can you think of a time when you depended on someone else from the group for success?
- How do you help make our work environment positive and productive?
- How do relationships at work help you do your job better?
- What can we do as a team to build stronger relationships at work?

SOME BEST PRACTICES

- Plan for a time to socialize at work when it won't disrupt the flow of work.
- Spend five minutes during a group meeting asking everyone to share some good news from their personal or professional lives.
- Check in with individuals on a regular basis to see how group dynamics are working.
- Make time for group members to take a break together – maybe an informal lunch or coffee break.