Icebreaker Reflective Questions

# ****Purpose:****

* To get to know one another and start Culture Change Coalition meetings on an ‘appreciative’ note.
* To create cohesion among the group.
* To think about issues and topics relevant to the culture change initiative.
* To encourage Culture Change Coalition members to “think appreciatively”.

# ****Instructions:****

1. At the beginning of a meeting, ask each Culture Change Coalition member to reflect on and answer one of the questions listed below (or think of your own questions).
2. After everyone has shared, consider what we have learned by encouraging individuals to speak from their own experience and to share their stories. Consider how powerful story telling might be as the group moves along the Culture Change process. As a group, reflect on the value of positive or appreciative stories vs. negative stories? How is the energy of the group affected when we look for strengths as opposed to problems or weaknesses?

## ****Suggestions for Appreciative Questions:****

* What was a great moment you had in your work or life last week?
* Tell us about a time when you were part of something successful (personal, work, program started, accredited)?
* When was the last time you felt your opinion contributed towards a positive change?
* Appreciative Resolutions: What was something great that you did last year that you want to continue doing? What positive experience or interaction would you like to learn from for the New Year?
* Based on your experiences of speaking with people with dementia, what is the most important thing people need to know?
* How can people with dementia and their family members contribute to these meetings?
* What brings you to these meetings? What do you get most out of from attending these meetings?