



Mindful Meetings

PURPOSE //////////////////////////////////////////////////////////////////

Work towards starting every meeting with a Mindful Moment.

OBJECTIVE //////////////////////////////////////////////////////////////////

Encourage your team to make connections, build relationships and be mindful.

INSTRUCTIONS //////////////////////////////////////////////////////////////////

- Obtain several popsicle sticks.
- Write various mindful moment icebreaker questions on them.
- As you start each meeting, pull a stick and spend 5-10 minutes sharing responses within the team.
- As your team gets used to it, solicit their own suggestions to share and discuss.



Mindful Moment Icebreakers

- What are two important things going on in your life right now?
- Name someone you feel comfortable confiding in
- When was a time you had a friend that really needed help, how and what did you do
- Who was your "rock" as a child
- What is an activity that makes you feel calm or less overwhelmed
- Something that made you laugh last week.
- Something that made you smile last week.
- Something you learned last week.
- Something that surprised you last week.
- Something that confused you last week.
- Something that happened last week that you wish you could share with a loved one.
- A dream you had last week.
- Something you hope to accomplish this week.
- Something you hope to accomplish this year.