

Reflecting on our Relationship with Work (annual check-up)

What rewards are you experiencing within your role?

- How do you build on these?

What challenges do you experience?

- What has been helpful in meeting these challenges?

How are you in this relationship (e.g., what experiences, emotions, qualities, skills, abilities occur as a result)?

- Do you like what you see?

How do you want to be in this relationship?

- Why is this important to you?
- How can you best achieve this?

What first attracted you to the work?

How has your relationship with the work changed over time?

- What has influenced these changes?
- What do you think/feel about these changes?

Why do you continue doing this work?

Besides work, what other relationships do you have that shape and influence you?

- How does your relationship with work affect these other relationships?

What does balance mean to you? How does work fit with this?

What are your hopes for your relationship with work for this year? 2 years? 5 years?

If you have concerns in this relationship, how would you bring these forward?