



businessforhumans.ca

Question & Sentence Stem Game

Greetings, I am so grateful for your interest in & openness to experiencing a way of relating that helps you feel relief where you once held stress. Honestly, I am feeling relief in your interest alone! ...because I value honest, real connection and believe the world needs this in all spaces. Our interest in being part of a world that connects better can spread every time we try out these tools. So, thank you!

Below is a Bingo card for you to play with - it contains sentence stems & questions. My hope is you feel playful in this game of relating and that it makes conversation, that might feel awkward or challenging, easier. I hope you use it in whatever way works for you - print it, laminate it, share it - have so much playful fun! If using the prompts feels scary I recommend revealing what you are doing to others - it's as simple as telling them what you are doing - which inherently enrolls them in the game. You can also ask them to play with you! If you feel awkward or silly, I recommend leaning into revealing "What's going on for you." (one of the questions! You get points if you ask yourself too!!! You can reveal just to yourself!)

"I'm trying a new thing - because I want to improve the quality of my (workplace) connections."

When you use these questions and stems, the energy behind your words is quite important. Up to 93% of communication is nonverbal (38% is vocal tone & 55% is body language). Try to aim for a non-judgmental, accepting and curious energy. An interesting thing to note is, if you are not able to be non-judgmental, my question for you would be "What's coming up for you?" - delivered with compassionate, gentle, open curiosity.

The most important ingredient is Curiosity!

I love supporting people in experiencing the relief and clearer connection that is available in using these tools. There are many people on this journey with you - we are all exploring, trying and playing our way from stressful emotions and situations into clearer relationships in all environments in our lives. I find it exciting to meet others using these tools and immediately know we can build safety and trust.

There are lots of options for support on your exploration journey - including workshops & coaching. For a complete and up to date list of what's happening to support your journey I recommend visiting

businessforhumans.ca.

Business for Humans workshops are a weaving of many threads of knowledge including, and not limited to, nervous system regulation, polyvagal theory, trauma healing, somatic psychology, coaching and mentoring methods, Authentic Relating, Circling, states of conscious awareness; plus my 20+ years of experience running successful companies and building worldwide community inside and outside the corporations.

I wish you so much playful fun in your exploring! I'm here to support you in your practicing!

B	I	N	G	O
What's going on in your world?	The story I'm telling myself is...	What I'm hearing you say is...	Hearing that what came up for me is...	What's that like?
It sounds like...	Something I want you to know about me is...	Hearing that I notice...	I have a story that...	When ... happened, I felt...
What's the impact of hearing that?	What's happening for you today?	Can We Slow Down	Something I'm learning about myself is ...	What's that like to hear?
Something I hesitate to share with you is..	...because I value...	Can we share appreciation requests?	What I heard you say is ... did I get that right?	What do you see?
I Imagine...	What's going on for you?	I'm curious about that.	I'm noticing...	What's going on for me right now?
© 2023 businessforhumans.ca				