



HOSPO HEALTH



How we want to feel at work

HOW TO USE THIS WORKSHEET

Use this worksheet as a conversation tool in your next team meeting. Take a few minutes to respond to each question, and then discuss this as a group. There are no wrong answers, just honest ones.

1 We want to feel ...

How does this team want to feel at work every day?

2 We don't want to feel ...

What emotions are we carrying that we want to leave behind? Be honest.



HOSPO HEALTH

 **Hospitality**Tasmania

3 The emotion we never talk about here is ...

Every team has one. The feeling that's real but unspoken. Name it here - safely.

4 As a leader, I will do one thing differently ...

Based on this conversation, outline one specific thing you commit to changing or starting.