DREW CDC
Every Child's Success Strengthens Community

Connection Questions

A Simple Way to Strengthen Peer Support

Connection Questions are a quick and easy way to build peer support into meetings and create regular opportunities for staff to learn more about one another. By making them a consistent part of workplace meetings, these small moments can help staff get to know one another and strengthen peer relationships over time.

Try it with your team:

- Set aside 3–5 minutes at the beginning of a meeting.
- Ask one question and give everyone an opportunity to respond.
- Keep questions simple, inclusive, and easy to answer.
- Mix in fun questions with questions that encourage reflection or sharing.
- Participation should always feel comfortable. Give people the option to pass.

Questions to try:

- What is something you are looking forward to this week?
- What is one small win you have had recently?
- What is something that always makes you smile?
- What is one thing that helps you recharge after a busy day?
- What is something you appreciate about your team?

Click here to contact our team and receive support in strengthening peer support, connection, and belonging in your workplace!