

# BE-ENDY

## Table of Resources

### Resources for the Beginning and Ending of Conversations

(there's also something about the  
middle bits)

**This short resource booklet has some ideas for resources that can be used at different points of a conversation.**

**The list is not exhaustive – please check the Wee Culture (in development) or My Home Life Charity Websites for further resource ideas.**

Be-Endy, Roddy & Dewar, MHLC is licenced under Creative Commons BY-4.0. To view a copy of this licence visit <https://creativecommons.org/licenses/by/4.0/legalcode.en>



## Beginnings- Opening Round Resources

Purpose	Resource	Sample Inquiry Question
To connect with people/relationship-building	Instant Delights	Share an instant delight from the last few weeks, from home or work  Share an instant delight from the last few weeks from work
	Key Card Question	If using sheet of paper with some Key Card Questions on them (Pick a question that you would feel comfortable to respond to  If using individual cards- pick a question at random, if you don't like it put it back and choose a different one
	Images	Pick an image that says something about you that you would like to share
	Picture Knowing Me	Pick a prompt that you would feel comfortable to share something about in relation to yourself
	Emotion Words	Pick an emotion word that sums up how you are feeling today
	QUeST	Option1: Pick a quality or strength that you see in yourself  Option 2: Pick a quality or strength that you see in yourself and a quality or strength you would like to notch-up
To start with a focus on what is working well/ team strengths	The Well	I'm inviting us to think of something that went well recently in work, and using The Well to think what it was that helped it to go well
	QUeST	I'd like us to choose a quality or strength that we see in our team

Purpose	Resource	Sample Inquiry Question
To gather people's thoughts/feelings on a topic (which will be discussed in the meeting)	Emotion Words	Select an emotion word that sums up how you feel about [topic]
	Images	Pick an image that sums up what [topic] means to you
	In the Know	Share something you're proud to know, getting to know and don't know yet about [topic]

## Endings- Closing Round Resources

Purpose	Resource	Sample Inquiry Question
To check-in with how people are feeling at the end of the conversation	Emotion Words	I'd like us to pick an emotion word that sums up how we are feeling now at the end of our conversation
To check-in re people's learning/take-aways from the conversation	Question- no resource	Is there one thing you are going to do, think more about or ask others following on from the conversation today?  Or  What might you share with others in terms of learning or ideas from our discussion today?
To check-out something that people felt went well during the conversation	The Well	I'd like us to think about something that went well in our conversation today, and use The Well resource to think about what helped it to go well
	The Well for the Future	I'd like us to think about something that would help our meetings to go well in the future

# The In-Between Bits- Resources to Help Create Collaborative, Open Conversation

Having some or all of these resources visible during the conversation

Purpose	Resource	Sample Inquiry Question
To help create collaborative, open conversation	A Moment	<p>Option 1: Open invitation to people to take ‘a moment’ at any point during the conversation if there is something they would like to share</p> <p>Option 2: After information-sharing asking people to see if any of the prompts stand out for them in relation to what they heard</p> <p>Option 3: At a point during the meeting where you would like to check-in to see if there is something that people would like to share that has been left unsaid</p>
	Emotion words	<p>Option 1: Before or after discussion on a particular topic/ idea where you are keen to learn how people feel about it</p> <p>Option 2: If you sense that there is unexpressed emotion in the room, where you think the conversation would be enhanced if it were shared</p>
	Caring Conversations Questions	As a general reminder to people of the 7 C’s and the types of questions we might ask if using the C’s
	Agreed Ways of Working	Pick a prompt that you would feel comfortable to share something about in relation to yourself

