

Conversation starters

Sometimes the hardest part of connecting is knowing how to begin.

A good conversation doesn't need the perfect words. Ask something simple, be curious, and give the other person time to answer.

Start easy

How's your day going?

What's been the best part of your week?

What have you been up to lately?

What are you looking forward to?

Have you watched, read or listened to anything good lately?

What's something that made you smile recently?

Get to know someone

What do you enjoy doing when you have some free time?

What's something you could happily talk about all day?

What's your favourite place to spend time?

What's something you've always enjoyed doing?

Is there something you're learning or interested in at the moment?

What's a favourite memory you love talking about?

Go a little deeper

How are you really going?

What's been taking up most of your headspace lately?

What's been good lately – and what's been a bit tough?

Is there anything you wish you had more time for?

What's helping you at the moment?

Would some company be nice?

Reconnect

It's been too long – what's been happening with you?

I was thinking about you. How have you been?

I haven't seen you for a while – how are things?

Remember when we...?

We should catch up more often.

What would you enjoy doing together?

At work

How's your week really going?

What are you enjoying working on at the moment?

What's been keeping you busy outside work?

Want to grab a coffee or take a quick walk?

What's something that's gone well for you this week?

Is there anything I can make a little easier for you today?

A little tip: instead of asking lots of questions one after another, pick one and follow where the conversation goes.

Start with hello. Stay for the conversation.

The question is only the beginning. Listen without rushing. Put the phone away. Ask one more question. Leave space for the answer. You don't need to fix anything.

Sometimes simply being interested, present, and willing to listen is enough to Share a Moment.