



Rapid Fire Round

Take a moment to think about these quick questions. There is no right or wrong answer — just share your honest thoughts!

1. What is one small action of respect you wish more people practiced at work?

(Think about small actions that make you feel valued — like listening without interrupting, giving people space, or giving credit where it's due.)

I appreciate when people give space and allow others to express their ideas fully before responding.

2. If your team was stranded on a deserted island, what's the one strength each person would bring to help everyone survive?

(Imagine your teammates in a survival scenario — Who would lead? Who would stay calm? Who would figure out how to find food?)

If our team was stranded on an island, each person would bring a helpful strength-someone would lead, someone would stay calm, someone would plan how to find food, and someone would keep everyone positive. Everyone has a role that would help us survive together.



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3. How do you feel on a Sunday evening knowing you have work the next day?

(Be honest! Excited? Nervous? Drained?)

On Sunday evening, I feel a bit tense because after enjoying the weekend, the thought of getting back to work the next day makes me a little anxious.



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