

Let's start a conversation...

Here are the questions from Episode #2. You could use this to start a conversation with someone that you've been struggling to connect with, or when you're needing to shift the energy of a team. Sometimes, it's the undisclosed feelings around these topics that can be holding a relationship back. Let us know how you go and if you want this conversation to be facilitated by [Julie Gillespie](#).

Questions	Your Answers
1. What does seeking permission in a conversation mean to you?	
2. How do you gain clarity ?	
3. What is the purpose of a common language ? How does having common language help? Does it help?	
4. What does safety mean to you? Internal v External	
5. What does trust mean to you? Internal v External	
6. The difference between tension and conflict	
7. What to do with a reaction - What do you do when you see a reaction ?	
8. Being a fixer - Have you ever been one to try and fix something or someone.	
9. The Apology - What could an apology look like?	
10. Where do you feel your discomfort ?	