

QUICK PEER CHECK-INS

If regular peer-support meetings between you and your colleagues aren't possible, you can use this short check-in prompts to decompress and support each other.

15-Minute Check-In

STEP 1 - SAMPLE PROMPTS TO IDENTIFY THE TRIGGER

- What happened recently that brought up fear, anxiety, shame, or overwhelm?
- Tell the Story in 1-2 Minutes

STEP 2 - SAMPLE PROMPTS TO NAME THE FEELING

- What was the strongest emotion?
- Where did you feel it in your body?

STEP 3 - SAMPLE PROMPTS TO SURFACE THE BELIEF

- What are you telling yourself about you?
- What does this mean about Money/Work/Benefits?
- What does this mean about your future?

STEP 4 - SAMPLE PROMPTS TO FIND THE VALUE

- What are you trying to protect?
- What does this say you value most?

STEP 5 - SAMPLE PROMPTS TO TRANSFORM THE BELIEF

- Limiting Belief → Empowering Belief
- Use Sentence Starters:
 - "I'm learning to..."
 - "With Support, I can..."
 - "I can protect my family AND grow."

15-Minute Check-In (Cont.)

STEP 6 - SAMPLE PROMPTS TO ANCHOR A MICRO-ACTION

- What's one small step you could take in the next 7-30 days?
- What support would help you accomplish this?

STEP 7 - SAMPLE PROMPTS FOR APPRECIATION

- One Strength I see in you is....
- If this is Coach to Coach training, it's time to switch roles.

5-Minute Check-In

Take turns for each prompt:

"I'm navigating _____ with a participant.

What feels heavy is _____. I'd appreciate help thinking about _____."

Response prompt:

"What I'm hearing is _____. A question or reflection I have is _____."