

# Wellness and Resilience Strategies: Healthy Relationships

## Section 11

### Leadership Activity:

## Fostering Relationship Building Among Staff

As discussed in the document to distribute for this section, as well as in the section on Positive Staff Culture, we understand how vital healthy relationships are to the workplace environment.

Reflection: Are there currently opportunities for staff to work together? Do staff from different teams, departments, etc. have a chance to get to know one another and/or collaborate? Before moving on, brainstorm a few ways in which leaders could promote such opportunities.

One way to encourage your staff to communicate with one another and build relationships would be to have a question of the day (or week). Selecting one “get to know you” question that staff can easily answer when passing in the hallways, in staff common areas or even in the space before and after a meeting. [This link](#) provides 36 ice breaker questions to pull from.

