

Journaling tips

Take a break with a coworker!

Go to lunch or for a walk and try to get to know him/her/them better.

Focus on active listening and using open-ended questions during your time together.

What activity did you do with the coworker? _____

List something interesting or fun you learned: _____

How did you feel after the meet-up? _____

Pro tip
If you cannot meet in-person, invite a coworker to a Zoom lunch or happy hour.