Commensality Groups

Discussion Sample Question Set

Set 3:

1. Mistakes can be a great teacher. Think of a mistake you made during the course of your career that you ended up using to advance your professional development. Share your story.

2. If you had an extra hour each day, how would you spend it?

3. What do you like to do best outside of work?

4. What habit or ritual do you use to keep yourself in the moment when you are in the room with your patients?

5. Happiness and meaning are different components of wellbeing. Consider which is more important to you and share whether you have enough of both in your life right now.