Commensality Groups

Discussion Sample Question Set

Set 1:

1. How do you protect time away from work for the hobbies and activities that are meaningful to you?

2. What book have you read in the last 6 months that has been meaningful to you?

3. How have you expressed appreciation to your family or partner for supporting your professional aspirations?

4. What strategies have you found most helpful to maintain connection with your spouse/partner and children?

5. What are your most meaningful moments during an average day?