

Supplementary material



Appreciative Inquiry (AI) Questions for Image Cards Group Activity

Discovery questions:

What does wellbeing mean to you?

What works for you to boost your wellbeing?

Can you find an image/image that best represents your wellbeing?

What is it about this image that represents wellbeing for you?

Dream questions:

Can you imagine how things might be if your wellbeing needs were always met?

Think about what would make you feel good about yourself all the time.

Design questions:

How do you think things should be to maintain staff wellbeing at the highest level possible?

Can you agree in the group how things should be?

What would be your ideal world?

Destiny questions:

How do you think you could start to make that dream a reality?

Break it down into smaller chunks – what small steps could you agree to take to help PIC along the road to better wellbeing?