

3.2 Appreciative interview handout

Work in pairs to share a story about the theme below, one person telling their story and other person listening and interviewing. Swap roles after five minutes.

Theme:

What has been one of your best experiences of your professional life – a time when you felt most engaged, alive and enthused in your work?

When telling your story: try to stick to the theme and focus on one of your best experiences. Try to notice and resist any tendency to drift off into negative experiences.

When listening and interviewing: we suggest that you use the questions below to help the person to stay focused on their best experience.

- What's really important about this experience?
- What do you value most about it?