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?