

## Appreciative Interview

### Thinking differently

In pairs\* take it in turns to ask the following questions, listening carefully to each other and not adding your story.

\*Feel free to work on your own if you prefer.

- 1) Share something that you have really enjoyed in your working life (could be a volunteer or learning experience) – something that stood out for you. Tell it as a story...
- 2) What is the one thing you do that you really enjoy doing?
- 3) What one thing do you do that others seem to really appreciate? What do other people tell you that you should be doing?
- 4) Is there something that you keep coming back to in your working life (perhaps even when you've tried to ignore or dismiss it)?
- 5) Have you ever turned down an opportunity and then regretted it or felt an uneasy feeling that you should have taken it up?

Reflecting on the Covenant Prayer (see below), you could also explore the following questions:

- 1) What jumps out at you?
- 2) What would you find easy to say?
- 3) What would you find difficult to say?
- 4) What things might God be asking you to stop?
- 5) What might God be asking you to continue?
- 6) And what new things may God place in your life?

I am no longer my own but yours.

Put me to what you will, rank me with whom you will;

put me to doing, put me to suffering;

let me be employed for you, or laid aside for you,

exalted for you, or brought low for you;

let me be full, let me be empty,

let me have all things, let me have nothing:

I freely and wholeheartedly yield all things to your pleasure and disposal.

And now, glorious and blessed God, Father, Son and Holy Spirit,

you are mine and I am yours. So be it.

And the covenant now made on earth, let it be ratified in heaven. Amen.