

STRUCTURED BUDDY TALKS BEFORE, DURING AND AFTER

Before: Are you ready?

The questions focus on getting ready for the day, task, shift or mission.

Making an inventory of how things are here and now:

- How are you today? Did you sleep well? How was your trip here? Etc...

Worries or concerns that should be handled or parked:

- Is there anything that prevents you from being fully mentally present today?
- Do you have any worries, reservations or resistance against the day, task, shift or mission?
- Is there anything at home or outside what you are to do, that you are thinking about, need to do or maybe mentally park aside before we begin today?

Preparing for the task:

- What do you think will be the tasks today?
- Is there anything you can do to prepare?
- What can you do to get the most out of the work today?

Needs for support and when to check in:

- Do you need any support from me for today?
- When should we check in with one another?

During: Checking in

The questions focus on how the buddy is doing, how the buddy is dealing with the situation.

- How are you doing?
- Are you hydrated, did you eat, and have you had breaks?
- What has happened until now?
- Should anything have happened: Do you want to tell me what happened now or maybe later?

After: Cool down

The question focus on how the buddy has been doing, which challenges arose and how to change to an after work mode.

How was the day?

- Are you ready to move on and finish the shift/session?
- What would you like to do now?
- Anything else you should or can do to cool down?
- Any self-care plans for the rest of the day?