

5-min Check-In Recipe

Prep Time: 5 min
Meet Time: 5 min

Total Time: 10 min
Servings: 2

Ingredients:

-Leader & Worker

-Check-In Inventory

-Quiet space

-Supportive approach

1- Prep the Ingredients

Review your Check-In Inventory to prepare

2- Stir in Connection

Start with a win—something the team or individual accomplished recently, then check on their well-being

3- Simmer on Tasks

Collaboratively dive into work priorities & clarify tasks

4- Season with Support

Brainstorm strategies to overcome challenges and offer resources to help

5- Serve with Appreciation

Close with encouragement, highlight progress, and express confidence in their abilities