

WORKING WHOLE

CONVERSATION STARTERS

Note: Hosts are encouraged to choose which questions are best for your attendees based on group size, time constraints, and topic preferences.

1. Icebreaker: Please share a little bit about yourself, your career path, and your current contentment level at work (high, medium, or low). What inspired you to join us today?
2. Is there a project you're currently working on that you feel called to? Please tell us about it. If none come to mind, what topics or early whispers of a calling have been inspiring you lately? This could be just about anything; examples include something related to music, mentorship, gardening, your pets, community impact, technology, food, business, children, nature, aging, art, design, science, education, etc.
3. Are you able to integrate your spiritual life and your work? Are you working with purpose and joy? What has helped you get there and/or continues to challenge you?
4. What practices help you stay in dialogue with God (or the spiritual world) and tap into greater focus, creativity, and contentment? Tell us about them. Are these activities a regular part of your working days?
5. Do you feel powerful and worthy enough to be bold in life? Do you trust yourself to make choices and implement the changes that will reveal your most authentic path and lead you to the things you really want?

6. Do you struggle to be at peace with uncertainty when pursuing the projects that mean the most to you? What role does surrender and patience play in your life?
7. What parts of your life do you need to change to pursue a new goal or dream? Is there anything you are currently doing that you need to stop doing to create space for change?
8. How do you define success in your life? How will you know when you've achieved it?
9. In *Working Whole*, Kourtney encourages us to build a community that supports our growth. Sustainers share our commitment to growing spiritually and living a life anchored in our beliefs. Mentors are people who have successfully followed several work callings already and know how to toggle between the human world and spiritual life. What have you learned from your sustainers and/or mentors? How can we become better sustainers and mentors to each other?
10. Workmates are described in the book as supportive life partners who greatly shape the potential of our life's work. If you have a workmate, what advice would you share about how to best support each other's work?
11. If you've read the book, which chapter of *Working Whole* helped you the most? What did you learn from it and how has it impacted your life? If you could ask Kourtney one question, what would it be?
12. How important is it to you to connect with spiritually-centered professionals for a discussion about your work? Would you want to do this more often? If so, how often?



Working Whole by Kourtney Whitehead