



FUELGUIDE – practical use

FACILITATION

1. Pick a question and read out loud
2. Everyone shares their thoughts, stories, ideas etc.
3. Be curious and explore answers by asking follow-up questions
4. You are allowed to pass on a question
5. When everyone has shared, pick a new question

SPACE FOR GREAT CONVERSATIONS:

FUELMOMENT

Start meetings, or take a break from the agenda, engaging everyone with a question from FuelBox

FUELLUNCH

Lunch & learn or a social get-together? Invite the team or cross-functional and fuel body and mind

FUELDATES

Have employees sign up to be randomly paired with another colleague for a coffee break and great conversations once a week/a month

ONBOARDING

Arrange for your team to get to know their new colleague with a FuelBox session

FUEL BUDDY

Pair up colleagues that follow each other for 6 months. Use FuelBox to have mutual mentoring conversations every month. New pairs after 6 months.

MORNINGFUEL

Kickstart the day with a FuelBox question

WALK & TALK

Get some fresh air and physical activity while connecting and learning from your colleagues

TALKSHOP

Arrange participants in groups of 4-6 and pick questions from pre-defined topics. Perfect for strategy meetings, ESG meetings etc.

*all activities can be done physically and digitally

FUELBOX APP - navigation



PROFESSIONAL ACCESS

Own logo and tailored content on your own page. Access to several generic question packages for the business community



PREMIUM ACCESS

Thousands of questions in conversation packages on different topics and for different relationships at home



SEARCH

Explore our library of questions and conversations with your own keywords



MY LIBRARY

Create your own favorite packages with questions for your team



POLLING - digital interaction

Collect everyone's response to questions in a word cloud or notes, whether you are together or sitting in each of your offices



MY PAGE

Language selection; English and Norwegian. Access on mobile and desktop



FUELBOX



WHAT & WHY FUELBOX?