



## 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



## **WHAT & WHY FUELBOX?**