

SUSTAIN Justice and Behavioral Health

Lesson 1 | Discussion Guide

Quality Working Relationships Discussion Questions

QUESTION	NOTES
Which of the personal attributes that contribute to a quality working relationship do you think are your strengths?	
What barriers prevent you from engaging individuals more?	
Between expressing empathy, being committed to helping the individual, engaging individuals, being non-blaming, and ensuring the conversation is solution-focused and directive which of these do you feel are your strengths and which do you feel you need to work on.	
In what ways has the pandemic been a barrier to building a quality relationship with your individual?	

What strategies have you used during the pandemic to build a quality working relationship?

How do you handle an individual who might not trust you or the system?

How do you acknowledge personal autonomy when building a quality relationship?

Prior to taking this course how much did you consider personal autonomy when it came working with individuals?

What does transparency in a relationship mean to you? How do you create transparency in the working relationship?

What steps do you take to better understand another person's culture?

How do you approach individuals with different cultural backgrounds from your own?

How do you know you're developing a quality working relationship? How do you assess your quality working relationship skills?

How do you assess your own biases?

What prompts you to think about your own biases?

What individuals do you find it hardest to work with?