



Progress with Unity

Prompts



**We are stronger
together when we...**

We are stronger together when we...
See the person



Here are 10 “See the Person” prompts designed to help staff connect more deeply with individuals they support. These can be used in conversations, assessments, or reflective practice:

See the Person Prompts

- 1. What’s something you’re proud of?** Helps uncover strengths, achievements, and identity beyond care needs.
- 2. What does a good day look like for you?** Focuses on what brings joy, comfort, and meaning.
- 3. Who are the important people in your life?** Builds understanding of relationships and support networks.
- 4. What do you enjoy doing in your free time?** Reveals interests and hobbies that can shape support plans.
- 5. What helps you feel safe and comfortable?** Encourages person-centred planning around emotional and physical wellbeing.
- 6. What’s something you’d like to try or learn?** Opens up conversations about aspirations and growth.
- 7. Is there anything people often misunderstand about you?** Helps challenge assumptions and see the person more clearly.
- 8. What matters most to you right now?** Brings focus to current priorities and values.
- 9. How do you like to be supported when things are difficult?** Builds trust and personalised approaches to care.
- 10. What would you like people to know about you?** Gives the person space to define themselves in their own words.

We are stronger together when we...

Listen deeply



Here are 10 “Listen Deeply” prompts designed to help staff build trust, show empathy and truly understand the person they’re supporting:

Listen Deeply Prompts

1. **Take your time - I’m here to listen.** Creates space and signals that the person won’t be rushed.
2. **What would you like me to understand about how you’re feeling?** Encourages emotional honesty and deeper sharing.
3. **Can you tell me more about that?** A gentle way to invite someone to expand without pressure.
4. **What’s been on your mind lately?** Opens the door to what matters most to them right now.
5. **When was the last time you felt really heard?** Helps reflect on past experiences and what good listening looks like.
6. **What’s something you wish people would ask you about?** Invites conversation on topics that are often overlooked.
7. **How do you usually like to talk things through—with someone, in writing, or another way?** Respects different communication styles.
8. **Is there anything you’ve been holding back that you’d like to say?** Offers a safe space for honesty.
9. **What’s the most important thing you want me to take away from this conversation?** Helps clarify and honour their key message.
10. **Would it help if I just listened for a bit, without trying to fix anything?** Reinforces that listening is about presence, not solutions.

We are stronger together when we...

Know this place



Here are 10 “Know the Place” prompts to help staff connect more deeply with the local area, its people, and its unique context. These prompts are designed to encourage curiosity, cultural awareness, and community connection:

Know the Place Prompts

- 1. What do you love most about living here?** Helps uncover local pride and personal connection to place.
- 2. Are there any local traditions or events that are important to you?** Builds cultural understanding and respect.
- 3. Where do you feel most comfortable or welcome in your community?** Identifies safe, trusted spaces that matter to the person.
- 4. What’s something people from outside might not know about this area?** Encourages local storytelling and insight.
- 5. Who are the people or groups in your neighbourhood that make a difference?** Highlights community assets and informal support networks.
- 6. What’s changed in this area over the years?** Brings in local history and lived experience.
- 7. Are there places you avoid or don’t feel safe in?** Helps understand barriers to access and inclusion.
- 8. What local services or spaces do you use or value most?** Connects support planning to real, familiar resources.
- 9. If you could improve one thing about your neighbourhood, what would it be?** Invites ideas for community development and advocacy.
- 10. How can we make sure your support fits with your life here?** Grounds care in the person’s real-world environment.

We are stronger together when we...

Connect to neighbourhoods



Here are 10 “Connect to Neighbourhoods” prompts to help staff build stronger links between individuals and their local communities. These prompts encourage exploration of local assets, relationships, and opportunities for belonging:

Connect to Neighbourhoods Prompts

- 1. Are there any local places you enjoy visiting or would like to visit more?** Helps identify meaningful community spaces.
- 2. Is there a group, club, or activity nearby that you’ve been curious about?** Encourages participation and social connection.
- 3. Who in your neighbourhood do you feel comfortable talking to?** Highlights informal support networks.
- 4. What would help you feel more connected to your community?** Opens up ideas for inclusion and accessibility.
- 5. Are there any local events or traditions you enjoy or would like to be part of?** Builds cultural and social engagement.
- 6. Do you know where to go if you need help or advice locally?** Supports awareness of community resources.
- 7. Is there a local place where you feel like you belong?** Explores emotional connection to place.
- 8. Would you like support to meet new people or try something new nearby?** Offers a gentle invitation to expand social circles.
- 9. What’s something you’d like to do more of in your neighbourhood?** Encourages goal-setting and community involvement.
- 10. How can we help you feel more part of where you live?** Centres the person’s voice in shaping their local experience.

We are stronger together when we...

Do the right thing



Here are 10 “Do the Right Thing” prompts to help staff reflect on ethical, compassionate, and values-based decision-making in their everyday work:

Do the Right Thing Prompts

- 1. What would I want for myself or my loved one in this situation?** Encourages empathy and personal accountability.
- 2. Is this decision in the best interest of the person, or just the easiest option?** Helps challenge convenience-based choices.
- 3. Have I listened to what the person really wants, not just what the system expects?** Promotes person-centred thinking over process-driven actions.
- 4. Am I being fair, kind, and respectful in how I’m approaching this?** Grounds actions in core values.
- 5. What are the risks of doing nothing?** Encourages proactive, not passive, decision-making.
- 6. Have I checked my own assumptions or biases?** Supports reflective and inclusive practice.
- 7. Is there a better way to do this, even if it takes more time or effort?** Invites creativity and courage in doing what’s right.
- 8. Would I feel confident explaining this decision to the person or their family?** Promotes transparency and integrity.
- 9. Have I asked for advice or support if I’m unsure?** Reinforces that doing the right thing includes seeking help when needed.
- 10. Does this action reflect the values of our organisation and the community we serve?** Aligns decisions with shared purpose and accountability.

We are stronger together when we...

Show our love and pride



Here are 10 “Show Our Love and Pride” prompts to help staff celebrate people, places, and community spirit in their everyday work. These prompts are designed to uplift, affirm, and build a culture of dignity and appreciation:

Show Our Love and Pride Prompts

- 1. What’s something you’ve done recently that you’re proud of?** Encourages self-recognition and confidence.
- 2. What do you love most about your community or culture?** Celebrates identity and belonging.
- 3. Who in your life makes you feel valued and appreciated?** Highlights positive relationships and support.
- 4. What’s something you’ve overcome that others might not know about?** Recognises resilience and personal strength.
- 5. What’s a small win you’ve had this week?** Brings attention to everyday achievements.
- 6. Is there a place or memory that makes you smile?** Connects to joy and positive experiences.
- 7. What makes you feel proud of who you are?** Affirms identity and self-worth.
- 8. How can we celebrate your strengths and contributions more?** Invites recognition and inclusion.
- 9. What’s something amazing about this community that more people should know?** Builds local pride and shared identity.
- 10. How do you like to be recognised or appreciated?** Encourages personalised, meaningful affirmation.



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