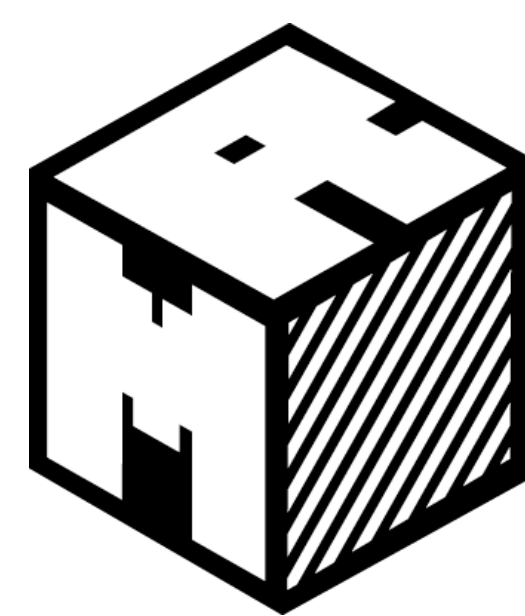


# Q&I - Questions & Ideas



## //0: Explain Questions & Ideas

Q&I (Questions and Ideas) is a powerful yet simple technique to find answers to your most challenging questions, whilst you help others do the same.



## //1: Find a problem/situation/issue worth the effort

Make sure you pick something that you personally feel the need for new ideas



## //2: Write down a good question

A good question should be challenging, actionable, understandable and personal. Try starting with 'How can I ...?' or 'What ways are there to...?' Remember you are asking for help.



## //3: Write down the question on a sheet of paper

Write the question in the centre of the page, use block capitals and write clearly



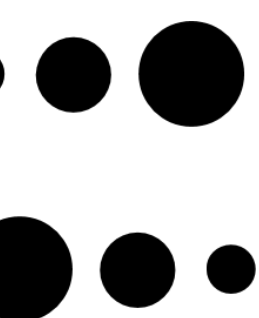
## //4: Start the timer

try 20 minutes for your first time, you can always adjust



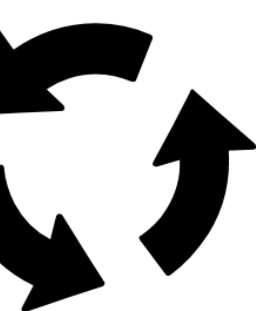
## //5: Ask questions and gather ideas

1 idea per post-it  
90 seconds to ask your question and gather ideas  
Stick the post-its to the question page



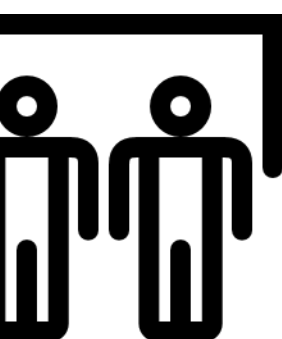
## //6: Reverse

Reverse roles, questioner becomes idea generator



## //7: Rotate

Find a new partner and start again; don't be afraid to vary the time 2-4mins.  
Don't forget to take a moment to share some insights during the session



## //8: Stick up the questions & ideas

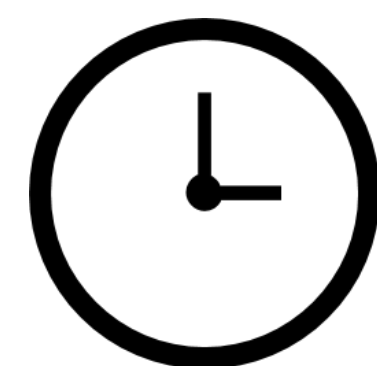
Stick up the question and ideas pages and spend some time reviewing.  
You now have lot's of new ideas to experiment with

## PRINCIPLES

1. Everyone has ideas
2. Share ideas not answers
3. Obey the timer
4. Listen // Think // Speak
5. Everybody benefits
6. Have FUN

## What do I need?

20-30 Minutes



Blank Paper



Post-its

