

# The 1-on-1 Topic Selector

There are so many things we can talk about in 1-on-1s!  
Pick anything from this list, or get inspired with your own topic.

Your best, your worst, your worries

How to prioritize (or delegate!) your workload

Your career goals, and how you can use this job to get there

Where are you at with your short-term goals?

AMA with your manager. What are their worries, their goals? What does success look like? What metrics are they paying attention to? What do they know about the future? What books have they read?

Announce your roadblocks

Ask for something. Need resources? Want access to a meeting? Think you are the right fit for that new project?

Give your manager feedback

Offer on-the-ground perspective with what's going on with the team

Do you have challenges with other people or projects?

Get early feedback on a plan, a strategy, your work

Know something tough is coming up? Strategize about how you'll tackle it.

Things that are too small to email about (clarifications, updates, etc.) Store them up and tackle them all.

1-on-1 project work

Post-mortem something that went wrong or went right

Workshop your next \_\_\_\_\_

Build a personal relationship: Ask/tell about life outside of work (within reason...)

What realizations and epiphanies have you had about your work?

Workstyle discussions: "This is how I like to work, here is what I'd like from you, here's what motivates me."

A look back: What topics were raised 3 months / 6 weeks ago? How did they resolve? Are they still going on? Do you need help? How have you grown?

Share time wasters (and ideas for how to delete them)

Create a work syllabus. What do you want to learn?

Vent session

Feedback on other team members — especially who's killing it!