

## **Mentor/Mentee Icebreakers**

### Icebreaker Questions

1. What is your proudest accomplishment?
2. If you could write a book, what would it be about?
3. What is the happiest moment in your life? What made it so special?
4. What is the scariest thing you've ever done for fun?
5. What is your dream job?
6. What is the best piece of advice you've ever been given?
7. Where is one place where you'd love to travel?
8. Are you working on a personal passion project right now?
9. What has been your top takeaway/key point learned through the ISOQOL conference thus far?  
**Or** What session or topic are you most looking forward to learning about during the ISOQOL conference?
10. If you were a color, what would it be?
11. What superpower would you choose to have? Why?
12. If you could only eat one thing for the rest of your life, what would it be?

### Icebreaker Activity

Two Truths and a Lie - One person would say three statements about themselves, (2 truths and 1 lie), and the other person would have to guess the lie.