

on the table.

Group Rules

1. Opening and Acknowledging

What moved you to bring people together?

What moved others to join?

Try introducing yourself with a short statement or ice-breaker activity relevant to the conversation topic.

2. Agree to be Present

Let's be present for each person, and open to their contribution just by being here.

Put technology away, or step out of the shared space if you need to use it.

3. Make Space/ Take Space

Listen openly, and hear what is both being said, and not said.

If you tend to speak easily in groups, make space for others and if you typically hang back in groups, stretch yourself to take space.

4. Real Stories over Ideas

Unless the purpose of the event is to share ideas, let's try to share our own lived experiences versus abstract ideas.

Stories naturally help us feel more connected.

5. Reflection and Close

Take a moment to let the conversation sink in and share any parting thoughts, so you don't regret leaving without something going unsaid.

If you feel inspired for a "next step", share this with others and agree to share contact details so that people are free to connect again.