



When people
arrive at your
table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

Our main Intention

- is to provide a **balanced discussion** where everyone has a chance to speak.

We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's
get started!

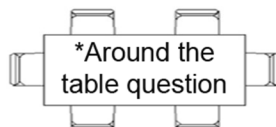


*Around the table question:

People answer the question from left to right ending with the person who asked it.

WARM UP QUESTIONS always help build respect at the table...

Which of the **Food For Thought** videos was the most **interesting** to you, and why?



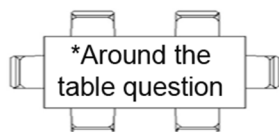
What's the **difference** between being pretty and being beautiful, in your opinion?

What are your **favourite sources** of beauty in your life, and why?

(i.e. nature, music, people, etc.)

... now that we're warmed up...

What **qualities** make a man or a woman sexy to you?



a) How important is it for you to feel beautiful or sexy?

b) Do you feel pressure from society to be beautiful or sexy?

What would it take to win an **inner-beauty** contest?

(What would be the criteria?)

Do you consider **yourself** beautiful?

If so, in what way?
If not, why not?

Do you consider **yourself** sexy?

If so, in what way?
If not, why not?

How can we bring **more** beauty into our lives?

AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to move to other tables to mix and mingle.

Conversations are no longer limited to the topic.