

➔
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!



Warm Up Questions... (they help to establish humility and respect)

Which of the Food for Thought videos was **the most thought-provoking** to you and **why**?

(Go around the table from left to right ending with yourself)

Did you make a **New Year's resolution** for this year? If so, what was it?
i.e. losing weight, volunteering, etc.

(After this question, anyone can answer in any order)

Can you describe an experience when you've attempted to **lower your expectations** with someone?

If so, what was the outcome?

What kinds of 'expectation challenges' have you faced when it comes to:

gift giving

i.e. on Valentine's Day at birthday gatherings, at Christmas gatherings, etc.

'settling down'

i.e. getting married, having children, buying a house, etc.

family-related activities

i.e. going to church, attending family gatherings, getting along with your relatives, etc.

being 'connected'

i.e. responding to emails, text messages and social media in general.

If there is time, here are a few more...

90 min

Do you believe that **more surveillance** cameras in public areas is a good thing in order to **conform** people to obey laws?

(the UK has 4,200,000 cameras with one camera for every 14 people)

Given all of the expectations and conformity that exists in life, how can we find ways to allow our **individuality to flourish**?

Do you have any **constructive feedback** for the facilitator?

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.

MORE INFORMATION

- it is very important that facilitators make every effort to arrive on time
- if you're not sure how long it takes to get to the event, please aim to arrive a bit early just in case
- when in doubt, trust the format (and the questions) since we have four years of experience coordinating these events in cities around the world

Arrival of Attendees:

- when two or more tables are involved, a designated greeter will guide people to the various tables as they arrive
- each facilitator will have 5-7 people (including themselves) at their specific table at the venue
- introduce yourself and welcome others to the event

Structured Portion of the Evening:

- once 5 or 6 people have arrived at your table then your collective discussion can now begin
- don't forget to include yourself as a *contributor* to the group; not just a facilitator
- the official duration for the facilitated portion of the discussion is 90 minutes so people have an excuse to leave at that time if they want or stay, change tables, and mingle
- have fun! 😊

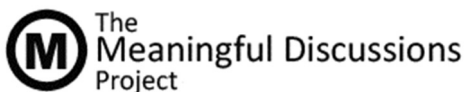
Small Request:

- please make sure to let me know of anyone who is disrespectful to any members of the group, or whom you feel does not belong in the group for whatever reason (life is too short to put up with any bad apples in this group)

Lastly - **thank you** for taking the time to be a facilitator for this group! It's people like you that allows for us to manage a room full of strangers who are interested in meaningful discussions within a safe and supportive atmosphere; and of course, the best case is when these strangers turn into friends.

Sincerely,

Glen Brauer
Founder, Facilitator & Event Coordinator



meaningfuldiscussions.org