



What happens at a Conversation Café?

- Hosts: bring nametags, paper and pencil (for note taking), a centerpiece (candle, flower) and an object (something symbolic or just what's handy) to be held by whoever is speaking. If the group is larger than 10, divide into two groups.
- Hosts: welcome everyone, read the agreements and set an ending time. If there's a theme, state it. Call for a moment of silence to relax, reflect and become open.
- Go around the circle once, inviting each person to say their name and speak to what is on their heart and mind regarding the theme (pass if you like). Remarks should be succinct to allow time for everyone to speak. Pass the talking object. No feedback or response.
- Go around the circle again, giving each person another chance to speak without feedback or response. To allow more time for conversation, keep remarks brief, possibly just naming the theme or subjects you want to delve into more deeply. If someone wants to respond to another's comments they can do so in their own turn or when the circle is opened for conversation. Use the talking object.
- Open up the conversation. Keep in mind the agreements.
- To close, go around the circle again, giving each person a chance to say briefly what challenged, touched or inspired them. The whole process is normally 90 minutes.



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Agreements for a Conversation Café

- **Open-mindedness:** listen to and respect all points of view
- **Acceptance:** suspend judgment as best you can
- **Curiosity:** seek to understand rather than persuade
- **Discovery:** question old assumptions, look for new insights
- **Sincerity:** speak from your heart and personal experience
- **Brevity:** go for honesty and depth but don't go on and on

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