



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:

Go around the table from left to right ending with yourself.

Warm Up Question

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

**Around-the-table question*

Do you **enjoy** being scared?
If so, in what circumstances?

What is your opinion of **scary pranks** and do you enjoy giving or receiving them?

Do you have any **phobias**? If so, what are the reasons behind this fear?

What is your **biggest fear** in life?

What actions have you taken to help you to **overcome** one of your fears?

If you had to pick one or two sources, where would you say that your confidence comes from?

**Around-the-table question*

Are there any activities that you would like to do but you **lack** the confidence?

What activities, situations or people help to **boost** your confidence?

90 min

Do you have any **constructive feedback** for the facilitator(s) at your table?

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.