



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!

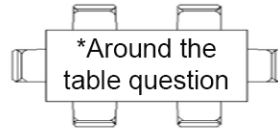


**\*Around the table question:**

*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?

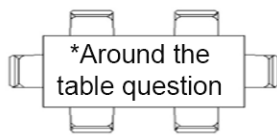


Who inspires you the most to be **creative** or to have **energy** and **passion** for something?

Who inspires you the most to be a **good person**? (i.e. kinder, more patient or compassionate, etc.)

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

Where do you usually find sources of **hope**?



At what point in your life did you have the **least** amount of hope, and how did you get it back?

What usually prevents you from turning inspiration into **action**?

Is there something that you'd like to do but you need **more inspiration** to put it into action?

... going deeper ...

How can we get better at inspiring and providing hope to **others**?

Which **famous people** from the past have inspired you the most, and why?

What kinds of **experiences** or **environments** inspire you or give you hope?

**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.