



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!

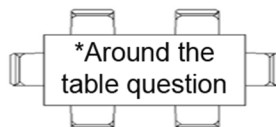


***Around the table question:**

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 is your opinion of social networking sites like Facebook and Twitter with regards to **improving people's lives**?

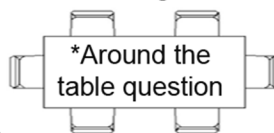
Can you describe a recent **social situation** when someone's smartphone **negatively** affected your experience?

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

Do you often find yourself in a state of information overload? If so, what have been the **consequences**?

What steps have you taken (if any) to deal with information overload in your life?

How much time is acceptable for others to respond to your emails or text messages?



What obligation (if any) do you have to your friends and family to watch a video or read an article they send you?

... if there's time...

... approximately 90 minutes.

How can we improve the flow of information we receive in order to **add more wisdom** to our **lives**?

What's your prediction - do you believe that information overload will get **better or worse** in the future?

What proportion of time do you spend **contemplating** the information you receive versus **consuming** it?

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.