Tips for Nourishing The Whole Host

Nourish Your Mind

- Prepare ahead and plan as a team
- Know your material well enough to have a fluid agenda – Come with a good road map so the group can drive the conversation and still stay on task
- Mentally plan for and practice how you will handle uncomfortable situations
- When the conversation strays from the topic, ask the group if that is their intention
- Let people know a transition is going to happen before it needs to happen
- Ask people to expand on their comment or question when you hear a deeper meaning
- In large-group conversations, "sew" a quilt of group wisdom by "threading" related comments. This allows for deeper connections than "popcorning" responses or doing report-outs.
- Listen for themes in conversations (when ideas connect) and reflect that back to the group in one short sentence.
- Develop a spacious agenda to encourage deeper conversations by not feel rushed or silenced
Nourish Your **Body**

- **Arrive in plenty of time** to set up and check in with yourself and as a team
- **End and begin on time**
- **Make visible what is being learned** by charting or drawing
- If recording with written words, **write what is said** and not your interpretations
- **Welcome each person as they arrive** to orient them to the room and child care space
- **Listen with eyes and ears** to individuals and the group
- **Continually check the engagement/energy level** of the group - observe each individual and the group as a whole
- **Talk only when needed** so participants and the group dominates the conversation

Nourish Your **Heart**

- **Pause** to encourage reluctant speakers and time to reflect
- **Arrive with the intent to learn** rather than teach
- **Stay neutral** to comments you agree or disagree strongly with
- Call a couple of nights before to remind people of the event – **express gratitude for their participation**
- **Vary the size** of conversation groups and activities to provide opportunity for every person to contribute to the learning
Nourish Your Spirit

- Use visual art, music, poetry, food, and ritual that is culturally relevant to the people coming (you can ask participants to help)

- Light a spark to start – start with an activity that connects each person to the larger system

- Look for strengths and opportunities for new possibilities – stay optimistic

- Design conversations to allow the sharing of stories and speaking from a personal perspective

- Redirect questions back to the group when possible, (rather than being the expert in the room who answers all of their questions)