



How to Create Opportunities for Civity Connection at Meetings

- **Frame the exercise**
 - The relationships between people in our community make our community strong.
 - An “us vs them” mindset – a mindset of excluding or exploiting or marginalizing people who are different or “other” – is a root cause of many of the problems we care about most in our community.
 - Moving from “us vs them” to “we all belong” doesn’t just happen—it’s something we need to practice.
 - One powerful way to practice this is to make time to connect intentionally and authentically (through the heart, not the head) with people in our community—especially people who are different from us.
 - So before we begin, we will be taking the time and creating the space to connect person-to-person with each other before we start our meeting.

- **Introduce the exercise**
 - Please find one person you don’t know (or don’t know well).
 - You will each be sharing a story about yourself that’s no longer than 2-3 minutes about the question _____ (see prompts below).
 - A story doesn’t have to be polished or professional or practiced. A story is just you telling another person about something in your life that’s meaningful to you.
 - Start with a minute in silence so that each of you has time to think about your answer to the question.
 - (optional) I’ll go first (facilitator quickly models response to prompt).

Sample conversation prompts:

1. Tell a story about yourself and your connection to [the group that is meeting].
2. Tell a story about what you value about [the group that is meeting]?
3. What brought you here today?
4. Why do you do what you do?
5. Tell a story about an issue that you care about.
6. Tell a story about where you grew up.
7. What is something that brings you joy?
8. What is something that you’d like others to know about you?
9. What is one of your most treasured memories?
10. Tell a story about a place that’s important to you.