

Welcome to the World Café:

Shaping Peer Learning on
Radical Self-Care

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Shaping Radical Self-Care

(agenda for this section)

- Sharing stories and framework for radical self-care *(a mini presentation, 5 mins)*
- Self-identify a cluster table (cluster names on each table) About 5 people/ table. *(10 mins)*
- Introduction and table talks via World Café. *(5 mins)*
- Table conversation 1 (15 mins)
- Table conversation 2. (15 mins)
- Whole group sharing and close (30 min)

Sharing a story...

- Everyone has their whole selves and stories
- Overcoming challenges, being our full, whole dimensional selves, and giving our strongest, meaningful contributions to our work to create peace, wellness, and love through radical self-care.

Reflections

- What are examples of healing and radical self-care that you have? Think about your whole self as a multidimensional human being.
- How did you create, uncover, learn, receive/ pass down this radical self-care?
- How can I create reflection time and radical self-care for myself and with others?

World Café Design Principles

1. Set the Context
2. Create Hospitable Space
3. Explore Questions that Matter
4. Encourage Everyone's Contribution
5. Connect Diverse Perspectives
6. Listen Together for Patterns and Insights
7. Share Collective Discoveries

Set the Context

- Future direction for you, your organizations, your communities;
- Opportunity to have meaningful conversations with one another;
- Experience the World Café as a potential tool for shaping conversations that matter;
- Input will inform your planning and priorities;
- Input will inform all of us here, in the present moment and in our individual as well as collective futures.
- Launches us into our learning and sharing with one another over the next few days together.

Welcome to the World Café!
CAFÉ ETIQUETTE
FOCUS
on what matters!



Café Etiquette

(Table Agreements)

- Focus on What Matters
- Contribute your Thinking
- Speak your Mind and Heart
- Listen to Understand
- Link and Connect Ideas
- Listen Together for Insights and Deeper Questions
- Play, Doodle, Draw!

Café Assumptions

- The knowledge and wisdom we need are already present and accessible.
- Intelligence emerges as we connect our ideas to one another in creative ways.
- Collective insight evolves from:
 - Honoring unique contributions
 - Connecting ideas
 - Listening to the middle
 - Noticing deeper patterns and questions

Table conversation 1

We are back again together two years in the future, 2018

- What are we celebrating about our radical self-care and the collective impact of ourselves, our organizations, and our work?
- What has been the deeper purpose that is worthy of our best efforts?

Deepening the Conversation

- What I heard you say that I appreciate is...
- What I heard you say that challenges my thinking is...
- To better understand your perspective I'd like to ask you...

Table conversation 2

(Change tables except table host.)

- What can we do now that will leverage the most impact toward our healing and radical self-care of 2018?
- What elements of our 2018 healing and radical self-care are we living out now?

End of Table Conversation 3

- Use the last several minutes to review the overall discussion that transpired at this table and discuss what most matters.
What was the center of the conversation?
The main point/ aha moment/ compelling question or vision or issue?
- Draw or write the essence of your table conversation.
- Please share in our whole group closing.

Gallery Walk

- Each table will share a short report out of what was the essence of their conversations?
- Whole group discussion:
What is rising to the top about our vision of the future of ourselves, our organizations, and our communities?
- Share a key idea, theme, or core question that holds real meaning for you.
- Additional comments related to this initial sharing?

Discussion cont.

- Whole group discussion:
What elements of our 2018 radical self-care are we living out now?

What can we do now that will leverage the most impact toward this vision?
- Create a note for yourself of a key idea, theme, or core question that holds real meaning for you.

World Café Resources

- BOOK: *The World Café: Shaping Our Futures Through Conversations That Matter* by Juanita Brown with David Isaacs and the World Café Community (Berrett-Koehler, 2005).
- WEBSITE: <http://www.theworldcafe.com/>
 - Includes downloadable Tool Kit
 - More examples, research, publications
 - Translations in other languages
 - Multigenerational Collaboration

Conversational Leadership: Cultivating Collective Intelligence



A life-affirming leader knows how to rely on and use the intelligence that exists everywhere in the community, organization, and system. A leader these days needs to be a host - one who convenes all viewpoints in creative processes where our intelligence can come forth.

-Margaret Wheatley

*Power is about knowing what we stand for,
breathing it into every activity of the day, and
being clear.*

–Phoebe Eng



...and we will sing and sing back into the mountains, if necessary even under the sea. We are the ones we have been waiting for.

-June Jordan





Thank you!