

COURAGEOUS CONVERSATIONS

Engaging in meaningful, civil, difficult conversations can be hard. Here are some resources we use, and we hope they help you hold courageous convos in other spaces!

BEST PRACTICES

- Be respectful of each other's time
- Avoid unreasoned or overly emotional arguments
- Be open to scrutiny and diversity of opinion
- Never feel pressured to share
- Try to ensure that all parties have equal time to share. If you're leading a facilitated session, consider using a timer to ensure that no one person dominates the conversation.
- End each group of prompts with a prompt designed to connect the parties, i.e. 'What is one _____ that you have in common
- Scaffold your prompts/topics, starting with lighter prompts meant to build comfort then venturing into harder prompts that may feel less comfortable

INSPIRATIONS

- [The Fierce Civility Project](#)
- [The Human Library](#)
- [StoryCorps](#)

PROMPT IDEAS

- Light Prompts
 - Share the story of your name -- your whole name
 - Share your most meaningful food from your home culture/heritage
 - Identify one food that is similar across all of your home cultures
- Medium Prompts
 - It has been a challenging year. How are you REALLY doing?
 - Together, identify one way we can courageously support others through the pandemic.
- Hard Prompts
 - Think about a situation in which you were involved where there were "insiders" and "outsiders." What was that like?
 - As a group, identify one strategy to build connection between "outsiders" and "insiders"
 - What values inform your political views?
 - Together, identify one value that you all share

INTERESTED IN COLLABORATING WITH OUR TEAM?

CONTACT SCOTT NISHIMOTO (CEEDS OF PEACE) AT SCOTT.NISHIMOTO@CEEDSOFPEACE.ORG



COLLEGE OF SOCIAL SCIENCES
MATSUNAGA INSTITUTE FOR PEACE

University of Hawai'i at Mānoa™

