

# TIME TO *gather* Conversation Guide

A Time to Gather Season 1 guide to gather your thoughts  
and your people to consider the concept of risk.



## Themes of the Season

Here are some of the themes we identified in season 1:

- *Taking a risk doesn't always look or feel like what we think it will.*
- *Community plays a big role in the types of risks we take.*
- *Our values often guide us to take risks.*
- *The term 'risk' holds many different meanings and feelings.*
- *Risks can look like:*
  - *Moving away, starting a new job, making a new friend, prioritizing yourself, beginning a business, advocating for yourself, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.*

What other themes did you notice?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Write down your thoughts

We invite you to use these prompts to drop in and guide yourself through a short reflection on how risk and risk-taking has shown up in your life.

*What emotions does the word risk evoke for you? What do you feel in your body?*

*How do you define risk? How have you defined risk differently at various points throughout your life?*

*What's a risk you've taken in your life? Why did you take that risk? Who were your supporters?*

*Who or what inspires, motivates, and/or encourages you to take risks?*

# Creating Conversation

Ensure a meaningful conversation on risk, without it being risky!

- Listen with intention and attention.
- Recognize that each story is unique and sacred.
- Keep it confidential. It's the storyteller's story to tell.
- Gather in the spirit of generosity, curiosity, learning, and love!

## Gather for a Discussion about Taking Risks

Create your own time to gather with people in your life and use these questions as a guide.

*Start by having everyone share a story about a risk they've taken.*

*What motivates us to take risks or stops us from taking risks?*

*How can we support each other when taking risks?*

*Is risk encouraged differently for men and women? How does age play a role?*

*How do we create professional and personal spaces where risk is acceptable and encouraged?*

*Other questions?*