

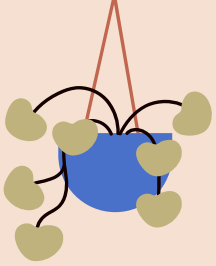
Living Room Conversations

Camden's simple guidance for running a
Living Room Conversation



If you have any questions about this model please contact Emma Watson

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Overview

Living Room Conversations are simple, sociable and structured conversations which focus on a specific topic.

Hosting a conversation of your own can be easy. This document gives you guidance on how to do this and links to further resources.

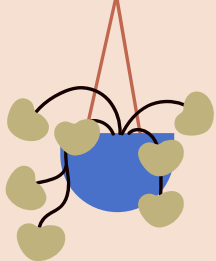
Living Room Conversations help to:

- Build respect, understanding, and even friendship within teams
- Bridging divides, such as across age, gender, race and nationality and identifying areas of common ground
- ★ ● Supporting connection between people - particularly useful for remote working

Watch this 3 minute video to hear more



"The session gave me a safe, reflective space to express personal views and feeling. By sharing I found common links and support with other colleagues" – Quote from past attendee in Camden



How to get started

Pick a topic

The first step is to pick a topic that you would like to explore by browsing these Conversation Guides, there is over 100 available. All of the topics encourage us to reflect on our experiences, beliefs, and ideas, all of which increase our self awareness and understanding.

Subjects like empathy, respect, and belonging are all important aspects of the work of anti-racism, equality and inclusion, so they might be a good place to start. Race and Ethnicity is also a popular topic.

Prepare to facilitate

You do not need any specific skills for this, as there is clear guidance available.

More information can be found on the next slide.

Invite people and run the session

The sessions work best with around **6 people** attending and take between 60 – 90 minutes.

You can use slides 7 and 8 at the start of the session

Evaluate

You may want to check in with attendees after the session to see how they found it. You can use this template of a questionnaire as a starting point.

Facilitating a session

You can find all the information you need on the [Living Room Conversations website](#), including:

- [Free training](#) on how to run a session

- [Attend an external conversation](#) to see how they run

When you [choose a topic](#) you will see a Conversation Guide with different sections and timings – this includes Introductions, Conversation Agreements, Getting to Know Each Other, Questions on the topic and Reflecting on the Conversation

Emotions may come up for people in the conversations. You may wish to signpost people to the wellbeing resources on [slide 6](#).

Hosts/facilitators also participate in answering the questions

If your session is on Teams you can copy and paste the questions for each section into the chat. This helps people feel more relaxed than showing them on a PowerPoint. You can use the slides 7 and 8 to open the session.

Time keeping – it is important that everyone has equal time to speak. You will need to time people and have a signal for when their time is up e.g. you could use a flash card. People can finish what they were saying when their time is up – they do not need to stop mid sentence

Encourage attendees to put their camera on if they feel comfortable, as it makes people feel more connected

Watch this 4 minute video to hear more



Supporting attendees - signposting

Emotions may come up for people as part of the session. Below are some Camden specific resources which you may wish to sign post people to.

Employee Assistance Programme (EAP)

EAP is a free, confidential service available 24 hours a day, every day of the year for you and your family to use in times of difficulty.

Camden's wellbeing offer

This includes a number of resources to support your health and wellbeing.

Able Futures

Able Futures provide a wide range of free mental health support services. The service is confidential, fast and flexible and is available over the phone, through email and face-to-face meetings. There is no waiting list. If you contact Able Futures you will get a call within one working day.

What to expect

- **Emotions may come up** – and that is ok. You can share as much or as little as you want to and you can leave if you want to.
- **Everyone has the same amount of time to speak, without interruption.** You will have 2 minutes for each section. We will keep track of time and gently let people know when their time has elapsed. You do not have to stop speaking immediately, please finish your sentence/thought.
- **There will be light touch facilitation** - When you have finished please pass on to someone else.
- **Plan for the session:**
 - Conversation agreement
 - Introductions and Getting to know each other
 - Exploring the Topic
 - Reflecting on the Conversation
 - Give us feedback

Conversation Agreements: How We'll Engage

- **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others' experiences have shaped their values and perspectives.
- **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
- **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
- **Be authentic and welcome that from others.** Share what's important to you. Speak from your experience. Be considerate of others who are doing the same.
- **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
- **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the "time out" sign if you feel the agreements are not being honoured.