



Take a seat.

Make a change.

TableTalk

Thursday, **October 19, 2023**

 **@firstyoutalk**

Everyone has the power to create change in their community.
Business owners. Parents. Students. Educators. Friends. Neighbors. **YOU.**

Let's get back to the table, Central Florida.

Here's how TableTalk works.

First, you talk.

On Thursday, October 19, 2023, people across our community host or take part in group conversations of up to 10 people. These talks get the ideas flowing about all the different ways—big and small—each one of us can make Central Florida a better place.

Then, we listen.

Table Talk participants share their ideas with Central Florida Foundation via a short survey, and can apply for a microgrant to bring an idea to life. We review the ideas and select a few to support with microgrants.

And then, some really cool things happen.

From microgrants and survey data to a community resource hub and initiative awareness, we have a few outcomes we're hoping to achieve after TableTalk. We also know that TableTalk encourages others in their endeavors, creates connections and builds community.

So, it doesn't stop with TableTalk, but rather begins. And, since 2019, Table Talk participants have started podcasts, launched cooking classes demonstrating healthy meals on a budget, created support services for trauma survivors, provided supplies for pop-up concerts and more. Your idea could be next!

Tabletalk sparks real change by real people.



Get involved in this grassroots effort. Join a conversation.

The conversation begins with you.

Learn more and sign up today at cffound.org/tabletalk.

We do it every day.

We speak.

We listen.

We learn.

We grow.

Every day, ordinary people change our community for the better with a kind word, a helping hand or a simple gesture that makes life easier for someone else. Just imagine what we could do if we bring all our good intentions together, think up new ways to help the community, and receive the right support to get our ideas off the ground.

That's what TableTalk is all about.

As a TableTalk participant, you're actively engaging with your community - an essential part of a democracy.

TableTalk follows the Peace and Justice Institute's Principles FOR HOW WE TREAT EACH OTHER

1. Create a hospitable and accountable community.
2. Listen deeply.
3. Create an advice-free zone.
4. Practice asking honest and open questions.
5. Give space for unpopular answers.
6. Respect silence.
7. Suspend judgment.
8. Identify assumptions.
9. Speak your truth.
10. When things get difficult, turn to wonder.
11. Practice slowing down.
12. All Voices have value.
13. Maintain confidentiality.



To learn more about PJI's Principles, [click here](#).



When you host a TableTalk conversation, you get the ball rolling for real people to create real change. Anyone and everyone in our community can come together to brainstorm for the better, and then, take action that results in change, big and small.

By registering as a host on this website, host agrees to accept and assume full responsibility and liability for any injury, theft, or loss to host or host's property, guests, agents and/or employees at any time and from any cause while at the event location, or in transit to or from said event. Host registrant agrees to release Central Florida Foundation and/or any of its agents and/or employees from any and all liability for any injury, theft or loss, and agrees to provide and pay for host's own insurance. Central Florida Foundation encourages all participants to come together safely. If you choose to meet in person, we urge you to follow current local and CDC guidelines. Central Florida Foundation cannot guarantee that participants who choose to gather will not become infected with COVID-19.



Valencia College

Students of the Media Communications Degree Program
at Full Sail University and Emily Wray

The Baldwin Family Fund at Central Florida Foundation

Think Integrated

Walgreens

Massey Services

Withum

Heart of Florida United Way

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