



Creating community through

CONVERSATION.

A Guide for Tabletalk Hosts



TableTalk

THURSDAY
OCT 19
2023

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 Host, you help make it all happen.

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](#).



HOW TO HOST A TABLETALK TABLE

Anyone who lives in Central Florida can host a TableTalk table. Here's how.

1. Invite up to 10 people to join a conversation on Thursday, October 19, 2023.

Tell your neighbors, friends and colleagues to join you at the table. Invite your mom, your coworker, your veterinarian, or a complete stranger — it's up to you. Anyone you know who cares about the community is an ideal participant for your table.

2. Choose a location.

TableTalk can happen anywhere. In person or virtually. At a park. In your living room or your conference room. A work breakroom. At your favorite restaurant. At church. Online. You name it. If there's space for your group to gather and discuss, then there's room for TableTalk.

Have your guests register (or do it for them) at cffound.org/tabletalk.

3. Guide the conversation.

The goal of TableTalk is to get the ideas flowing about all the different ways—big and small—each one of us can make Central Florida a better place. Table hosts will receive a list of suggested questions before the event to help spark the conversation.

TIP: When you have your questions decided upon, place the questions in the center of the table where all guests can see them. Simply write questions on note cards, small poster boards, or even on a scrap piece of paper. That way, participants will be able to refer back to them during the discussion and get their gears turning about all the topics.

4. Share your ideas with Central Florida Foundation.

After the conversation:

- **Have your participants complete a survey.**
- **Apply for a microgrant if the conversation sparked a great idea**

We will review the ideas and select some to support with microgrants. 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 group's idea could be next!

5. Share photos, videos and stories using the hashtag #CFFTableTalk on Facebook, Twitter, and Instagram and tag us @cffound and @firstyoutalk.



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THINGS TO KEEP IN MIND

Let's make sure we're all on the same page.

Help us maintain our brand identity.

A brand is more than a logo. It's a promise of what we stand for and what we offer. As important as it may be to continuously find new and fresh ways to implement the brand, it is just as important to retain an element of visual continuity across everything that is produced, no matter who is producing it, what material we are using and what form it takes.

1. **Stylization:** When writing or typing TableTalk, please write as one word.
2. **Logo Usage:** If you'd like to use Central Florida Foundation and/or TableTalk's logos, please contact Laurie Crocker at lcrocker@cffound.org with your request.

[Click here to learn more about our Brand Guidelines.](#)

As a table host, you agree to keep us in the loop.

And we promise to keep you in the loop too.

Have questions? Need support? Finding unique challenges or unexpected feedback as you prepare for this event? Please keep the Central Florida Foundation team in the loop so we can continue to develop the very best experience for all involved in TableTalk.

Send us an email at tabletalk@cffound.org, and someone from the CFF team will get back to you soon.

A graphic with a purple and blue watercolor background. The title 'Table Host Dos and Don'ts' is written in a large, white, cursive font at the top. Below the title, there are two columns. The left column is headed 'Do...' in a white cursive font and contains three bullet points: 'Encourage everyone to participate', 'Draw on your own experiences', and 'Keep an open mind'. The right column is headed 'Don't...' in a white cursive font and contains three bullet points: 'Micromanage the conversation', 'Be judgmental or dismissive of anybody's comments or ideas', and 'Don't encourage unproductive conversation.'

Table Host Dos and Don'ts

Do...

- Encourage everyone to participate
- Draw on your own experiences
- Keep an open mind

Don't...

- Micromanage the conversation
- Be judgmental or dismissive of anybody's comments or ideas
- Don't encourage unproductive conversation.

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

cffound.org/tabletalk