



**Tips for
Creative
Meaningful
Conversations
It's a gift.**

Creative legacy writing through meaningful conversation is an effective way to preserve the stories and memories of your loved ones. By engaging in thoughtful and empathetic dialogue, we can gain a deeper understanding of the experiences and perspectives of those we care about. These conversations can be used to create written or digital accounts of people's lives, which can then be shared with future generations.

The following tips will help you to facilitate meaningful and creative conversations that will enable you to capture the legacy of those important to you.

1. Start by setting a goal for your conversation. What do you want to achieve?
2. Prepare questions that will encourage meaningful dialogue (who, what, where, when etc.).
3. Listen actively and be present in the moment.
4. Be open-minded and willing to learn from the other person.
5. Avoid interrupting or dominating the conversation.
6. Show interest and ask follow-up questions.
7. Share your own thoughts and experiences.
8. Use open-ended questions to encourage storytelling.
9. Avoid assumptions and stereotypes.
10. Show respect and empathy towards the other person.
11. Use nonverbal cues, such as nodding and maintaining eye contact, to show engagement.
12. Create a comfortable and safe environment for the conversation.
13. Be honest and transparent in your communication.
14. Stay focused on the topic at hand and avoid getting side-tracked.
15. Use reflective listening to show that you understand the other person's perspective.
16. Take notes or record the conversation if appropriate.
17. Show gratitude for the other person's time and willingness to share.
18. Use humour and laughter to ease tension and build rapport.
19. Try to understand the other person's life experiences and perspectives.
20. Express appreciation for the other person's contributions.

Timelines provides a **secure** digital app-based platform to record **voice clips**, write or dictate **personal letters**, **upload images** or **photos** and record in-app **videos**, to provide a detailed chronology and understanding of a person's history.



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