

FIVE

NO AGENDA? NO PROBLEM!

WAYS TO BE TOGETHER IN COMMUNITY

1

EXHALE

Calm, relaxed and quiet. These can all bring people together in a space of trust.



2

COLOR THERAPY - IT WORKS!

Coloring therapy offers stress and anxiety reduction. It also offers a non-verbal outlet for feelings, which boosts confidence and self esteem.



3

MUSIC TO MY EARS

Music can help regulate mood, reduce stress, boost creativity and serves as a social bond that creates a sense of belonging.



4

FIRESIDE CHAT

Start the gathering with an open floor - invite attendees to bring up what is on their mind, encourage a range of topics to discuss.



NO AGENDA BUT THERE IS STILL PURPOSE

Meetings with no structured agenda can be productive and fruitful. Make sure to advertise the purpose of the meeting even though there is no structured agenda, there is still a purpose. Communicating the purpose of the meeting will encourage people to attend. Place focus on open dialogue, shared human connection and intentional design.