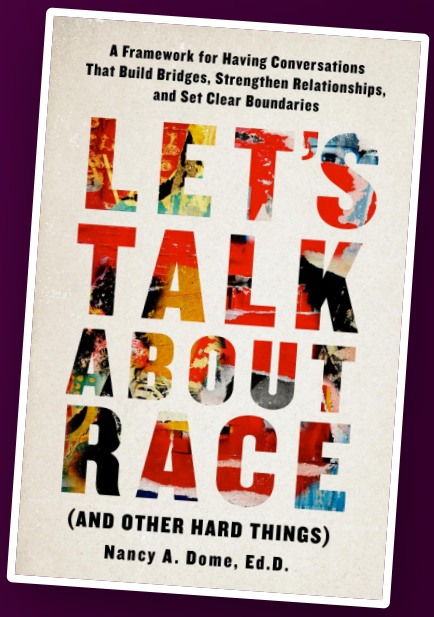
EPOCH EDUCATION

FREE BOOK CLUB GUIDE · ONE SESSION

Let's Talk About Race (and Other Hard Things)

For book clubs, staff teams and reading groups. From Dr. Nancy Dome and Epoch Education.



Welcome

Let's Talk About Race (and Other Hard Things) gives you a practical way to talk across difference: Compassionate Dialogue and the RIR Protocol (Recognize It, Interrupt It, Repair It).

This guide helps your group discuss the whole book in one meeting of about 90 minutes.

How to run your book club

Size: 4 to 12 people works best. Larger groups can break into small groups for discussion.

Facilitator: Rotate the role, or ask one person to keep time and keep the conversation moving.

Bring: The book, a journal, and your answers to the Pause and Practice questions at the end of each chapter.

Agenda: Welcome and agreements (10 min), opening (10 min), discussion (50 min), step back (10 min), close (10 min).

Engagement agreements

Read these aloud at the first session.

1. **Start where we are.** Everyone arrives with different experiences.
2. **Make room for differing perspectives.** Listen to understand, not to win.
3. **Respect confidentiality.** What's shared here stays here; what's learned can leave.
4. **Keep a growth mindset.** We are all still learning.
5. **Engage with the content and each other.**

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ONE SESSION

The Whole Book

About 90 minutes

OPENING · 10 MIN

Share your name, your role, how you describe your racial or ethnic identity, and one reason you picked up this book.

DISCUSS

1. What gave you an “aha” in this book? Where have you seen it play out in your own life?
2. Chapter 1 asks about an unresolved issue you carry. Without sharing details, what does carrying it cost you?
3. Think of the last hard conversation you had. Which communication type and affect from Chapter 2 showed up in you, and how did they shape what the other person heard?
4. Think of a recent moment when something someone said didn't sit right with you. Walk it through the RIR Protocol: what did you Recognize in yourself, what could an Interrupt have sounded like, and what would Repair look like now?
5. Recall a time you held back because a conversation felt unsafe. Looking back, was it unsafe or uncomfortable? What would have helped you stay in it?
6. Chapter 4 asks which of your identities you've had to alter. When did you last alter one, and what did it cost you? Who around you might be doing the same?
7. Name one practice where you work or live that needs interrupting. What would Recognize, Interrupt and Repair look like there, and who would you need beside you?
8. Chapter 7 asks what moves you. What issue weighs on your heart, and what is one step you'll take in the next two weeks?

STEP BACK

Look back over the Pause and Practice questions you answered, from Chapter 1 to the Conclusion. Where is Compassionate Dialogue already alive in you, and where do you most need to practice?

CLOSE

“One thing I'm feeling... thinking... will do...”

NOTES

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GO DEEPER ONLINE

Let's Talk About Race Online Book Study

- The full book and audiobook, read by Dr. Dome
- Guided activities for every chapter that build on the Pause and Practice questions
- A weekly real-world practice to try between sessions
- A Facilitator Guide with timing for each group session
- A certificate of completion

Group and district licenses are available.

epochacademy.thinkific.com/courses/let-s-talk-about-race-book-study

Be Brave. Be Bold. Be Epoch!

Want Epoch to lead the conversation for your team? Email hello@epocheducation.com

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