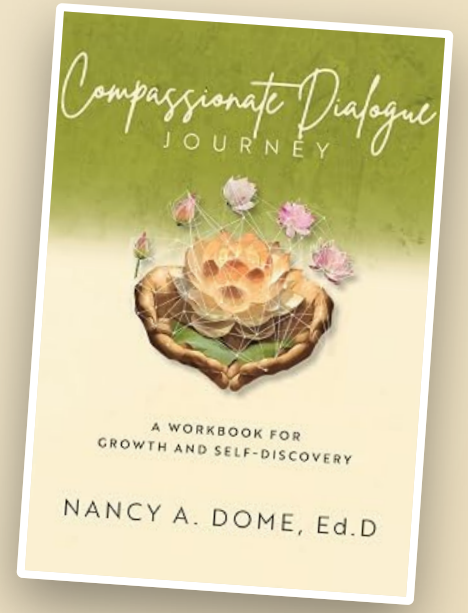
EPOCH EDUCATION

FREE BOOK CLUB GUIDE · ONE SESSION

The Compassionate Dialogue Journey

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



Welcome

The Compassionate Dialogue Journey: A Workbook for Growth and Self-Discovery takes the RIR Protocol (Recognize, Interrupt, Repair) from idea to daily practice. It moves from the inside out: your own feelings and beliefs, then your relationships, then your organization.

This guide helps your group discuss the whole workbook in one meeting of about 90 minutes. Complete the workbook activities before you meet.

How to run your book club

Size: 4 to 12 people, or work with a partner.

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

Bring: Your workbook, the Feelings Wheel, and Epoch Conversation Starter Cards if you have them.

Tip from the book: Keep your work in one place, check your judgment at the door, and take your time.

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.**
2. **Make room for differing perspectives.**
3. **Respect confidentiality.**
4. **Keep a growth mindset.** When I fail, I learn.
5. **Engage with the content and each other.**

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ONE SESSION

The Whole Workbook

About 90 minutes

OPENING · 10 MIN

Use the Feelings Wheel to name how you're arriving today, then share your “why” for taking this journey.

DISCUSS

1. Pick one key term from Before We Begin (equity, justice, intersectionality, non-ness). Where do you see it, or its absence, in your workplace or community right now?
2. Compare your Equity Avatar at the start of the workbook with where you are now. What moved you, and what still holds you back?
3. The book asks us to drop the “good person/bad person” binary. When have you labeled yourself or someone else that way, and what did the label stop you from seeing?
4. Module 2 says feelings are neutral and we assign their meaning. Think of a feeling you usually judge in yourself. What changes if you treat it as information instead?
5. What did the My Racial Experience and My Identity Chart activities show you that you hadn't put into words before? How does it show up in how you respond to others?
6. Walk through the Cycle of Inference (Module 4) with a recent misunderstanding. Where did you add meaning that may not have been there?
7. Mirrors, windows and sliding glass doors (Module 5): who sees themselves in your organization, and who doesn't? What is one change within your reach?
8. Share your final portfolio statement: your why, your next step, and who will be affected.

> **STEP BACK**
>
> Read the commitment statement you signed in Before We Begin next to your final portfolio statement from Module 6. What changed, and what support do you need to keep practicing?

CLOSE

Read your final commitment statements aloud.

NOTES

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GO DEEPER ONLINE

Compassionate Dialogue Advocate course

- Builds on this workbook with guided practice
- Coaching tools for leading Compassionate Dialogue with others
- A certificate as a Compassionate Dialogue Advocate

Group and district options are available.

epochacademy.thinkific.com/courses/pdp-advocate-certification

Be Brave. Be Bold. Be Epoch!

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

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