



# Nourish + Flourish Microgrant Resource Guide

## Example Event Schedule

Below is the N+F event schedule that you can use as a template to plan your event.

Time	Activity
15 min	Setting the Table <ul style="list-style-type: none"><li>• Arrival and casual chatting</li></ul>
25 min	Amuse Bouche <ul style="list-style-type: none"><li>• Welcome and Territory Acknowledgement</li><li>• Introductions, why, or what brought us together</li><li>• Community Agreement</li></ul>
30 min	Main Course <ul style="list-style-type: none"><li>• 2-3 prompts for group discussion</li></ul>
30 mins	Dessert <ul style="list-style-type: none"><li>• 2-3 prompts for group discussion</li></ul>
15 mins	Sobremesa <ul style="list-style-type: none"><li>• Summarizing salient points of discussion, lingering questions, and how to take the conversation forward</li><li>• Thanking and appreciating your group</li><li>• Connection, unstructured wrap-up</li></ul>

\*15 minutes for flexibility.

## Example Community Agreement

A crucial and foundational part of being in relationship with yourself and with your community is in practicing respect, openness, kindness and self-awareness. With that in mind, we've jotted down some values and principles for engaging with each other through this program.

### Confidentiality/Sharing Your Own Perspective

- What's learned here leaves here, what's shared here stays here
- We ask that you only share your own experiences and not those of others. With that being said, in many cultures and traditions, sacred histories are passed down through elders, through intentional choice and storytelling. As



you may share and respectfully receive each other's intergenerational wisdom and ways of being, we invite you to be mindful of this, as often permission is sought to share this teaching with anyone else

### **Take Space/Make Space**

- We all arrive at N+F with different identities and lenses, be mindful of who is in the room and how you can make space for others, but also take space when the opportunity arises/it is offered
- You are invited to use all the available art supplies, and all means in this room to take space and engage with your group

### **Respect the range of experiences in this space**

- Be open to self-reflection and respect all levels of knowledge and experience

### **We want to acknowledge that we are in a space of learning together**

- If there is disagreement in this space, we encourage folks to listen to one another with openness

### **Intention vs. Impact**

- We might mess up or say something that doesn't sit right with others, so we do ask that we all both assume positive intent from others, but that we also attend to the impacts when we do cause any harm

### **Take care of yourself**

- If you need to take a break or leave, look after your physical and emotional needs in whatever way that looks for you and feels comfortable for you
- There is a low sensory space available for use with a variety of sensory items to use and explore

### **Support is available**

- The coordinators will follow-up by email after the event has concluded. There will be supports provided to you at the event on your program

## **Tips from previous recipients**

**Theme:** Pick a broad theme that can go in several directions. This makes the conversation easier because it is more malleable, and guests can more easily make it their own.

**Prompts:** Do not feel the need to force answers or to go through all the prompts you create. The prompts serve as a conversation starter more than anything else.

## Nourish + Flourish

**Participation:** Establish clear guidelines and expectations with your participants beforehand. This can help strike a balance between personal connection and staying on track with the event's objectives.

**Date:** Having the event too close to the end of term can be challenging since students are busy. Hosting the event mid-semester allows students to have more energy, time, and willingness to engage in conversation.

**Food:** If you decide to pick up food, make sure the restaurant's hours and location work for your event. Communication/planning with the restaurant staff prevents last-minute changes and delays in setting up your space.