



Welcome!

I'm Taunia Flora, and I'll be your host and facilitator of *Coffee Talk with Taunia Dawn*.

I'm elated that you're joining us for 90-minutes of conversation and connection that is sure to fill your cup! I especially look forward to the contribution you'll bring to the table, by just being YOU.

Whether this is your first time, or your 100th, you'll find the dialogue takes on a life of its own every time. *At Coffee Talk...SHIFT happens!*

You are welcome to participate at your level of comfort. Whether you just want to listen and soak it in, you have something to contribute, or both; it's all valuable.

I promote a culture of belonging and provide a safe container to explore new perspectives and invite self-reflection in all our conversations. This is a safe place to come as you are and talk about engaging life issues in a transformative way.

Here's to evolving...one conversation at a time.

Welcome to the conversation!
Taunia

KEY HIGHLIGHTS:

- **Time:** 11am-12:30pm, MST (on the date you select)
- **Virtual sessions:** will be via Zoom. You'll receive the link in your confirmation email.
- **Local sessions:** will be held at Scooters in Roy, UT.
 - As seats are limited to 6, no walk-ins allowed. You must be registered.
- **The Coffee Talk Topic:** You'll receive a link to access it in the confirmation and reminder emails. Printed copies are available for those attending locally.
- **Guidelines for Engagement:** Included in this Welcome letter, please read this prior to attending. It's created to provide clarity in our communication so it can be a safe space for all to share.
- **Share the love...** You can share this coupon code: **FIRSTTIMEGUEST**, with family and friends so they can get their **free virtual Coffee Talk session**. (This is for the virtual sessions only, and they must be new to Coffee Talk.)

NOTE: The Coffee Talk Topic download will be available for you within 48 hours prior to our session. To access this topic, please refer to the link given in your confirmation email, within that time frame. Be sure to check your SPAM folder if you don't see the confirmation email in your inbox.

How to Prepare for Your Session - VIRTUAL:

- Have a pen and paper to record your insights.
- Read the "*Guidelines to Engagement*" prior to attending.
- Make sure you're able to be undisturbed for 90 minutes. (Plan ahead to remove any distractions).
- Have your favorite drink handy, if you so choose.
- Optional: If you have or use essential oils, have some with you. We'll be using them in our grounding exercise for those who choose to use them.

How to Prepare for Your Session - LOCAL:

- Drinks/Snacks: Come a bit early if you plan on ordering a yummy drink or snack. You're also free to bring your own.
- Read the "*Guidelines to Engagement*" prior to attending.
- Please give yourself adequate travel time, so we can begin on time.

GUIDELINES FOR ENGAGEMENT:

- 1) Come with an open mind. It's where our diversity meets that we can truly learn and grow together. This is a safe space to be you.
- 2) These conversations are an invitation for us to listen, learn, and share. NOT to rescue, fix, or give advice.
 - If you want feedback, ask for it. *"I'm open to feedback on this."*
 - If you want to respond to someone's viewpoint, share what you have learned from your own personal experience. They can determine what holds value for them. (Ex: *"When I was divorced I experienced....and found it helpful to..."*.)
- 3) All perspectives and viewpoints are welcome. You don't have to adopt another's belief or viewpoint, but do try to make room for understanding it.
 - If you disagree with something, you can give voice to your perspective in a non-aggressive way. Just don't make another person wrong about theirs.
- 4) You can share your challenges and obstacles as a way to gain insight, but please be aware that your sharing doesn't become a venting session. Be mindful of the impact of your sharing upon other attendees.
- 5) I trust you to be emotionally resilient. If you're feeling uncomfortable it's your job to voice it, or discover what caused a reaction in you.
- 6) Please remove all distractions and be present to the conversation. Turn off your cell phones and put them away. Please give us your full attention.