

## Example session breakdown

### Welcome

As participants enter the space offer refreshments and encourage them to take a place and get comfortable

Allow for some initial chat time

Point members to your group agreement and allow time for any questions, clarifications or additions

### Opening

Begin by defining the purpose of the Café - what are we here for, what are we trying to achieve

Check-in with each participant - introduction and how they are doing

### Example session 1

#### Conversation

##### Begin with a starting question

- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants (use prompts to encourage if necessary)

#### Close

- Recap the conversation and point to some themes and differences
- Signpost to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

#### Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

### Example Session 2

#### Conversation

##### Begin by sharing a resource on women's health - watch a video, look at some graphics

- Ask members to reflect on what they have seen
- Use a prompt question on the topic
- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants

#### Close

- Recap the conversation and point to some themes and differences
- Signpost to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

#### Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

### Example Session 3

#### Conversation

##### Begin with a starting question

- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants

#### Introduce guest

- Informal contribution by health professional or community worker to present on topic of interest
- Allow time for some further reflections

#### Close

- Recap the conversation and point to some themes and differences
- Sign post to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

#### Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

See the resources hub for videos, graphics and websites that can be used and viewed within the Café.

Scan for resources



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