



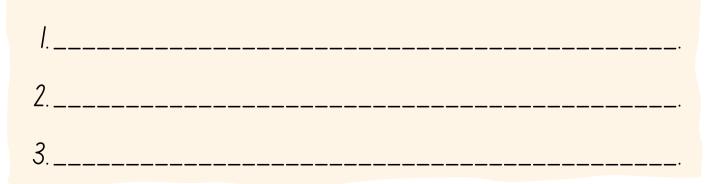
A Time to Gather Season 1 guide to gather your thoughts and your people to consider the concept of risk.

Themes of the Season

Here are some of the themes we identified in season 1:

- Taking a risk doesn't always look or feel like what we think it will.
- Community plays a big role in the types of risks we take.
- Our values often guide us to take risks.
- The term 'risk' holds many different meanings and feelings.
- Risks can look like:
 - Moving away, starting a new job, making a new friend, prioritizing yourself, beginning a business, advocating for yourself, ______,

What other themes did you notice?





Write down your thoughts

We invite you to use these prompts to drop in and guide yourself through a short reflection on how risk and risk-taking has shown up in your life.

What emotions does the word risk evoke for you? What do you feel in your body?

How do you define risk? How have you defined risk differently at various points throughout your life?

What's a risk you've taken in your life? Why did you take that risk? Who were your supporters?

Who or what inspires, motivities, and/or encourages you to take risks?



Creating Conversation

Ensure a meaningful conversation on risk, without it being risky!

- Listen with intention and attention.
- Recognize that each story is unique and sacred.
- Keep it confidential. It's the storyteller's story to tell.
- Gather in the spirit of generosity, curiosity, learning, and love!

Gather for a Discussion about Taking Risks

Create your own time to gather with people in your life and use these questions as a guide.

Start by having everyone What motivates us to share a story about a take risks or stops us risk they've taken. from taking risks? How can we support each other when taking ls risk encouraged risks? differently for men and women? How does age play a role? How do we create professional and personal spaces where risk is acceptable and encouraged? Other questions?

For resources on taking risks, visit our website: www.timetogatherpodcast.com/resources