

# connect via... open session

## SUGGESTED FORMAT ...

4 - 9 PARTICIPANTS

WEEKLY RECURRING  
MEETING

PARTICIPANTS FROM  
DIFFERENT ORGS WITHIN  
THE FLIED

EVERY PARTICIPANT GETS  
A +1 TO INVITE SOMEONE  
FROM OUTSIDE THE FIELD

## ABOUT THE EXCHANGE MODEL

*A weekly meet-up of no more than 9 professionals from diverse backgrounds.*

*A mix of personal and professional, formal and informal, this open session model creates the time and the space for participants to organically open up about their experiences, share thoughts, dreams, skills and ideas and maybe even plant the seeds for future collaborations.*

## PROMPT SUGGESTIONS

HERE ARE SOME GUIDING TOPIC RECOMMENDATION FOR EACH WEEK'S GATHERING

- A shared group interest*
- A recently acquired skill*
- A provoking article*
- A secret talent*
- A personal project*
- A favorite recipe*
- A curated reading list*

## BEST PRACTICES

ADHERE TO THESE BEST PRACTICES AND YOU WILL GET THE MOST OUT OF THESE GATHERINGS

*Meet on a regular basis; sharing thoughts and ideas, dreams and aspirations only gets easier overtime.*

*Agree on a prompt beforehand as to give participants time to reflect.*

*Take turns coming up with the week's guiding questions.*

*Take turns facilitating.*

*Use platform of choice to follow up and catalogue ideas discussed.*

*Pursue ideas and collaborations.*

*Use in conjunction with other exchange models.*