



FACILITATOR GUIDE



Confident Connections

World Café Session 2: Coping With Stress

Confident Connections is a campaign developed by Action for Healthy Kids, in partnership with the CDC Foundation, to support youth mental health and well-being through parent and family engagement.

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World Café: Coping with Stress

This guide accompanies the “World Café Session 2: Coping with Stress” slide deck and is to be used with parents in order to help them better understand and cope with stress. This session includes a brief overview of why it is important to identify and cope with stress, followed by a World Café styled discussion that allows for peer-to-peer learning, community-building, and strategy-sharing.

The World Café Format

The World Café format provides the opportunity for participants to share thoughts and concerns with each other over the course of three rounds of small group discussions. Participants move to different tables for each round, so that they are with different people each time. They then return to their original table to share thoughts and insights. A key component of the World Café is sharing these ideas, in what is often called “harvesting.” During the “harvest” phase, each table shares their main insights, themes, or questions from the three rounds of discussions.

Timing

The session presentation is structured as a 90-minute meeting. This includes time for three, 15 minute rounds of discussion, 10 minutes to share information with the participants' original group, and 15 minutes of “harvesting” where tables share key insights with the whole group. To shorten the meeting to 60 minutes, you can eliminate the icebreaker and make each round 10 minutes. We do not recommend making each round or the “harvesting” sessions less than 10 minutes.

Group Size

The World Café format can work for any group size of 4 or more people.

Customizing the PowerPoint Slide Deck

Facilitators can customize the designated areas of the deck for their communities and present it to families at family engagement nights, parent workshop events, or during other community gatherings. Boxes with a dotted outline indicate areas suggested for customization.

To customize these slides for your audience:

- Google Slides: Navigate to File > Make a Copy > Entire Presentation
- PowerPoint: Navigate to File > Download > Microsoft PowerPoint (.pptx)

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Talking Points and Script

This facilitator guide includes talking points that you can use for each slide. The talking points below give a broad outline of the key points of each slide. If you'd prefer a full script, see the Notes section of the PowerPoint presentation. You may also choose to use a combination of the full script and the talking points.

Materials

- One printed copy of the "Table Host Guide" for each table
- Name tags
- Pens or markers
- Paper, post-its, or large post-it paper for tables
- Flip chart paper for "harvesting"
- Computer and projector with PowerPoint presentation (no audio is necessary)
- Optional: fidgets or table candy

Room Set-Up

- Each table should be able to seat 4-5 people with room to move between tables
- Tables should each have pens, markers, large pieces of paper, post-it notes, name tags, "Table Host Guide," and fidgets or table candy (if using).

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Facilitating the Meeting

Getting Started

A warm welcome will help participants feel at ease and set the tone for a collaborative, comfortable conversation. Encourage people to introduce themselves to their tablemates.

World Café How-To

- Each of 3 discussion rounds will last 15 minutes, with a 10 minute discussion with your original group and 15 minutes for “harvesting,” which is a full group share-out.
- Participants will change tables for every round, so will participate in discussions with 3 different groups of people. The exception to this will be the table host – one person who will remain at the same table for each round to welcome people, orient them to the question for that round, and provide a brief overview of the themes shared during previous rounds.
- Each round will be oriented around a different discussion question.
- After 3 rounds of discussion, participants should return to their original table (Round #1) to share the main the themes from their “travels” with their original group. Those insights will be further distilled for the good of the full group in the “harvest” round.
- For the final 15 minutes, one spokesperson from each group will share 1 brief insight to the full group. You should encourage participants to share unique insights only, rather than repeat what other groups have shared.

Encouraging Discussion During World Café Rounds

While participants are engaged in discussion, circulate throughout the room to answer questions, encourage sharing the floor, and making note of repeated themes.

Encourage inclusiveness and sharing the floor. If you see or hear anyone dominating the conversation, join the table to encourage other speakers.

Creating a Safer Space

This topic may bring up strong feelings among participants. You can support participants by validating the feelings and experiences they are sharing with one another, and reminding them to take breaks as needed. Before the session, we suggest identifying the local mental health support resources that you can refer participants to if needed.

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World Café: Coping with Stress - Slide Talking Points

Title slide

- Welcome and introduction
- Purpose of the session

Objectives

- The purpose of the session is to engage in shared learning and connection about coping with stress

Agenda

- Review agenda to give participants a sense of what to expect

Group agreements

- Set the tone for a respectful and collaborative discussion

Icebreaker

- Provide participants with a warm-up to increase comfort and engagement

Why Self-Care is Important

- Emphasize the importance of self-care for caregivers

Signs of Stress

- Present some common signs of stress

Coping with Stress

- Provide some best practices for stress coping strategies

What is a World Café?

- World Café directions

Questions

- Overview of the 3 questions that will be the basis of each round of discussion

Round 1

- Discussion at tables

Round 2

- Discussion at tables

Round 3

- Discussion at tables

Return to Original Group

- Collect insights from travels

Harvesting: Sharing insights from your travels

- Participants will return back to their original group to “harvest,” or share the insights from their travels to different groups during the 3 previous discussion rounds

One word reflection

- Reflect on the experience and discussion

Thank you

- Warm closing

World Café: Coping With Stress

Table Host Guide

Thank you for offering to be a table host. Your primary role is to welcome travelers to the table, summarize the highlights of the previous conversations, and identify common themes between rounds of discussion.

You don't need to lead the discussion, but you may want to encourage participants to jot down their ideas, and you can invite quieter members to participate to keep conversation lively.

- Remain at the table when others leave and welcome new people to the table.
- At the beginning of Rounds 2 and 3, take a moment to share what was learned during the previous discussion.
- Remind people to jot down ideas, connections, and questions on the papers provided (you may want to do this gently during the discussion as well).