

# Calm Talk

“Everyone is Invited!”



## Why Calm Talk?

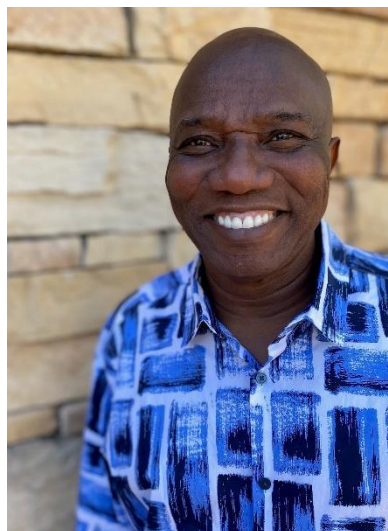
“Our differences complement each other. The purpose of Calm Talk is not to change each other’s minds – the purpose is to understand each other and connect with each other as the human family.” ~ Peter Tometi

## Aspects of Calm Talk Culture

- 1) Respect
- 2) No foul language/swearing
- 3) Empathy
- 4) Open Mindedness
- 5) Forgiveness (3 chances to engage in the cultural norms)

## History of Calm Talk

Peter Tometi is serving as the Club Zeitgeist/Club Z President in the 2020-2021 academic year. Because of the “social unrest due to the pandemic and unraveling of community in the world” Peter wanted to create an experience for people with diverse thoughts to come together and discuss issues in a way that could build relationships and restore community. With this in mind, he is leading the creation and implementation of Calm Talk. This process is available to share with anyone interested in bringing people together. For more information, see Club Z at [www.paradisevalley.edu](http://www.paradisevalley.edu)



**Peter Tometi, Club Z President**

## The Calm Talk Process

- 2-5 Individuals in an In Person or Virtual Circle
  - This is designed as an intimate conversation so that all can speak and all can be understood - everyone is invited to speak in each phase of the conversation but no one is obligated to speak in any phase
- Begin with a Topic or Question \_\_\_\_\_
  - This ensures that the topic/question remains the focus throughout the Calm Talk conversation
- Designate a Facilitator \_\_\_\_\_
  - This person guides the conversation to ensure Calm Talk culture is modeled by all present
- Designate a Time Keeper \_\_\_\_\_
  - This person keeps track of time limits for each round of conversation as set by the Facilitator
- Each Calm Talk conversation lasts for up to 1 hour

### Phase 1 (Assertion)

In the first round, everyone shares their understanding of the topic/question

### Phase 2 (Clarify)

Everyone is able to ask clarifying questions of each other (no statements, just questions)

### Phase 3 (Shared Perspectives)

In their own words, everyone describes the shared perspectives (themes of common ground) they hear based on what has been said so far

### Phase 4 (Differing/Unique Perspectives)

In their own words, everyone shares what they hear as unique perspectives from others in the circle

### Phase 5 (Better Understanding) “Tell me more about your unique perspective”

Everyone is invited to share what they hear as a unique perspective and ask *each other to tell them more* about that unique perspective (a perspective that differs from theirs)

### Phase 6 (Appreciation)

All share something positive they noticed or appreciated about this Calm Talk experience

### Phase 7 (Completion)

Closing remarks of the Facilitator (“Tie it up in a bow” Z Theme)