

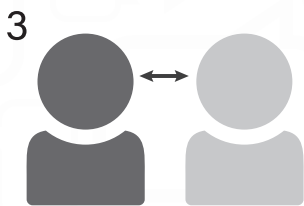
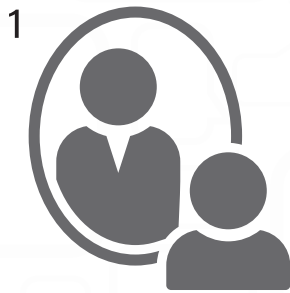
ONE TO ONE CONVERSATION

This recipe reminds us of the power that comes from the God of Scripture; the listening God, a God who is about empathy not empire, mercy not mastery, vulnerability not violence.

One-on-Ones can be a tool to build relationships with intention.

One-on-Ones are not “marketing” or manipulation, where you’re just trying to “sell” someone on the importance of your cause/group.

Instead, the goal is to build relationship and power by sharing stories of who we love and what impacts their life.



INGREDIENTS

1. Self-awareness
2. Non-judgmental presence
3. Non-verbal active listening skills:
eye contact, nodding, pausing
4. Verbal signs:
remembering, raising questions, reflection

1. Identify influential leaders in your community.

Make a list of 5 community figures that people listen to. If you don't know who those folks are outside of formal and elected leadership, try these:

- Attend your city council meeting; notice who speaks. Which staff are responsible for issues you care about?
- Map your community. Where do people access services?
- Where do people gather naturally?

2. Set a time to meet.

Use a personal connection (name drop)

- Genuinely convey your interest in learning more about them
- Meet in a place that's comfortable for the person you're meeting (their office/home or nearby public space)
- Have the first meeting be around 30-40 minutes

3. During the conversation, be a person!

It can be tempting to make turn off your heart/brain and let this conversation become an interview. Resist!

- Try to make a personal connection – find out how long they've been in the community, what the world looks like from their perspective, what they'd like to see change
- Model deep listening
- Share your personal story, too (why you care about this community, how you're involved)
- Ask if there are other people you should talk to

4. After the meeting, REFLECT

Too often we can leave a conversation and not take a few moments to reflect on what just happened.

- What stirred your heart? When did you feel energy rise — in you or the other person?
- Follow up with a call or email.
- Don't let this turn into a one-time thing - remember, your goal is to build relationship, not a series of isolated events.

Try it out!

It can sometimes feel awkward or intimidating to meet someone from a different culture, different religious background, who has different customs regarding direct communication. In these cases, feel free to invite them to your kitchen table along with another person.