

We were presented with a topic. In our workshop, it happened to be, "What experience was formative that brought you to social justice work?"

1. Formed pairs.
2. Person A: Take 3 minutes to tell your story about what experience brought you to justice work. (Person B does not interrupt.)
3. Both parties: Take 30 seconds to hold the story (i.e., pause and reflect).
4. Person B: Use 1 minute to think about and ask a question to help Person A lean in to their story/experience.
5. Person A: Responds to question for 1 more minute.
6. Switch sides, repeat.

For me, this simple procedure resulted in the questions and the responses both becoming more penetrating. Further, the participants felt more connected to the experience and to each other in this very short period of time.