



Mark Ostach

Virtual Gathering Sample Agenda

Fostering Social Connection and Belonging: 60 min Outline

- **Welcome (5 mins)**
 - Why are we here and what can I expect?
- **Breakout Exercise # 1 – Favorite Fall Activity (10 mins)**
 - Let each other know what your favorite thing to do in the Fall is? (Football, raking leaves, cider mills, pumpkin spice lattes, sweaters, Fall boots? etc.) (breakout room)
 - Main session debrief for 5 mins then feedback on the breakout (Poll)
- **Breakout Exercise # 2 – The BELL Method Challenges (10 mins)**
 - Which of the elements of the BELL method is the hardest for you to practice? (Belonging, Empathy, Listening, Love).(BR)
 - Main session debrief for 5 mins then feedback on the breakout (Poll)
- **Breakout Exercise # 3 – Passion Project Sharing (10 mins)**
 - If you could spend a year focused on a passion project, what would that be and why? i.e. write a book, produce a play, start a non-profit?.(BR)
 - Main session debrief for 5 mins then feedback on the breakout (Poll)
- **Breakout Exercise # 4 – Your Favorite Book (10 mins)**
 - Share your favorite book or an author who you love to read. (BR)
 - Main session debrief for 5 mins then feedback on the breakout (Poll)
- **Final Reflections & Takeaways (5 mins)**
 - Mark leads then invites others to share their takeaways
 - What is one word to feel complete from today?
- **Q&A & Closing Survey (5 mins)**
 - Did you find value in this session?
 - Yes or No
 - Do you feel more connected to your teammates?
 - Yes or No
 - Anything we can do to improve our next session?