

# DISCERN + DIGEST

## 4 REASONS TO INTEGRATE THIS DIALOGUE SERIES INTO YOUR PROGRAMMING



### PROVIDES THE SPACE TO BE VULNERABLE

Team members internalize so much and rarely have a safe space to unpack their experiences without fear of judgment. **Vulnerability creates trust and trust creates a more cohesive team.**



*I felt that the topic was deep enough to bring us together as a community. That conversation I feel created trust in the long term among our cohort.*

- Student Participant



*The facilitators were both very inquisitive and also open to allowing space for silence. They allowed for the conversation to flow in the way it needed to and even in a virtual setting.*

- Student Participant



### EQUIPS THE TEAM WITH FACILITATION SKILLS



The **Train-the-Trainer Model** that Discern + Digest employs, trains all participants on the basics of effective facilitation. Participants also gain hands-on experience navigating difficult conversations.



### PROMOTES INQUIRY+REFLECTION

In our busy personal and professional lives, we often don't prioritize inquiry and reflection. This series **gives participants the space to inquire about the impact of their work and reflect on the questions they've grappled with.**



*I resonated with the speaker's story completely. It was the story I needed in my life, a story I had been living out, processing, and reflecting upon in my own way since starting college.*

- Student Participant



*My greatest takeaway is that work can be a place to question, explore, and be vulnerable. It is rare to have a space like D+D and I believe that conversations that transcend daily workflow operations are so important for growth.*

- Student Participant



### SUPPORTS GREATER IMPACT



By providing intentional time and space for self-reflection, participants are able to push through ambiguity and focus on working towards positive impact.



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