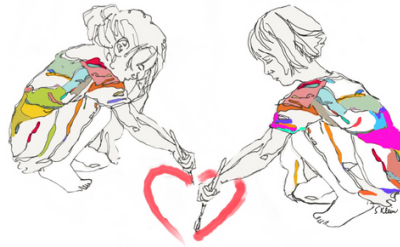


COMPASSIONATE CONVERSATION GUIDE

We gratefully acknowledge that NicBluCares is located on the sacred and traditional lands of the Dakota people. It is an honor to live, work, and promote community compassion alongside the Dakota and other Indigenous people in the Southern Minnesota River Valley of the USA.

**WE
BELONG**

WE TAKE
CARE OF
EACH OTHER



This Conversation Guide is a project of NicBluCares, a Compassionate Community pilot developed by the people of Nicollet & Blue Earth Counties, Minnesota

"Strengthening our capacity to care for one another."

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CONVERSATION FORMULA:

1. Invitation to gather for a Circle Conversation
2. Agree to give & receive stories without judgment or need to fix
3. Talk about belonging; then loss, what was helpful or might have helped
4. Ask for a suggestion of a best practice to carry forward

POTENTIAL OUTCOMES AND BENEFITS:

Normalizes talking about loss
Deepens sense of belonging and community
Leads to resiliency and greater emotional wellbeing

CONVERSATION GUIDE: BELONGING



BELONGING DISCUSSION:

1. How do you define belonging?
2. Where are you connected with each other at work/school/community?
3. When do you feel a sense of belonging?
4. Are there any other supportive connections or activities you would like to have in your organization?

CONVERSATION GUIDE: LOSS



"THE WOUND IS THE PLACE WHERE THE LIGHT ENTERS."

--RUMI, 13TH CENTURY PERSIAN POET

Consider for a moment that while loss is painful and difficult, it can sometimes gift us with personal growth, and perhaps create meaning that can help us move forward with more strength and empathy than we had before.

You are invited to reflect on an experience around loss, whether ordinary or profound, find one word that could define a lesson or gift, and offer that word into the circle as a way of introducing yourself. For example, "My name is Beth, and my word is surrender." You are also invited to keep your word silently in your heart and simply say your name.

CONVERSATION GUIDE: LOSS



LOSS DISCUSSION:

1. With the losses you have identified, what was most helpful during that time?
2. Can you name a physical place where you felt most supportive, a person who you felt understood you most, and any words or actions that gave you comfort?
3. What was missing?
4. What role does the organization play in supporting people with loss?
5. Knowing the structure of your organization, what are creative ways to reach people with messages and actions of support and care?
6. What would be a best practice(s) that you would like to see in your organization to better prepare for loss, grief, or death?

CREATE A COMPASSIONATE CHARTER

**Had the conversation? Next step is easy.
Create your Organization Charter or City Charter**

A Compassionate Charter promotes healthy and supportive responses to the hardships we experience throughout life. It is created from community-developed best practices with the commitment of continuing a compassion-building process and the agreement to review and celebrate practices annually.

To View an example of a City Charter, go to
NicBluCares.com

Kato Towns Compassionate Charter

The Kato Towns Charter is a growing collection of community-developed best practices across Mankato/North Mankato representing how we care and support each other during life's difficult experiences. We are a compassionate community!

[View the Kato Towns Charter](#)

[Join the Kato Towns Charter](#)

