

# INFORMATION FOR FACILITATORS OF DEATH CAFES

A beautiful quote from Heather Plett that is so relevant for the facilitator of a Death Café to ponder...

If we are to hold space we must "be willing to walk alongside another person in whatever journey they are on, without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome.

When we hold space for other people, we open our heart, offer unconditional love and let go of judgement and control."



Before anyone arrives, decide who will perform what role / greeter/ drinks person/ observer / sign in etc.

## INTRO FORMAT

Acknowledgement of Country – traditional owners. (KNOW THIS – do the research)

Welcome to the \_\_\_\_ Death Café that has been kindly supported and hosted by \_\_\_\_ (and anyone else?).

Acknowledge/introduce the people who are facilitating. – (have nametags on)

"The purpose of today is to create a safe space for us to relax, enjoy, share a drink and cake and some conversation about anything and everything that might be related to Death and Dying. It could be that you share your experiences, ask questions about things you want to know, you may simply wish to listen and enjoy the company."

We are not a grief counselling session nor suitable for people to come who have been recently bereaved.

Housekeeping – toilets – fire exits, etc. if appropriate to the venue and please be covid safe!

I would like to ask that we (make common agreements – helps us play the same game)

## Agreements:

- We are going to stick to our advertised time because people have other commitments
- One person speaks in the group, so we respect each person's contribution. Facilitator's role to ensure that everyone who wants to speak can do so.
- You may choose not to speak and simply listen and reflect
- We listen with kindness and hold no judgement
- Maintain confidentiality – discuss this and explain about sharing general ideas that were discussed though not sharing people's names or anything that will identify them
- Take care of ourselves – can be a light and enjoyable conversation. (Choose not to share anything that you find sensitive)
- Please leave your work persona at the door or to one side as you join in today – place your work roles to one side and come and share with us.

## CLOSING FORMAT

(Give 15 minute time call until finish time and 5 minute time note)

Thank everyone for coming and for your contributions- how are you feeling?

Feedback – what could we do to provide a better experience for you? Feedback?

Next date is \_\_\_\_\_

## MAKE TIME FOR A QUICK DEBRIEF WITH OTHER FACILITATORS

- What worked / didn't
- Why
- What needs to change
- Check for personal triggers – did anything upset you personally from the session and what do you need to do to manage that?
- Check venue – lights / air con off / remove rubbish?

