

KITCHEN TABLE TALKS

ENGAGEMENT PROGRAMME



Let's Talk?

CONVERSATION | IMPACT | CHANGE



FIRST CLASS FOUNDATION

SPECIALISTS IN YOUTH & COMMUNITY ENGAGEMENT STRATEGIES

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INTRODUCTION

At Kitchen Table Talks we encourage communication of all kinds! Random topics, political, social even comical. We believe that having a safe and open platform for you to share will support growth and confidence. So, come on let's talk. There is a saying that goes a little something like this.

The kitchen is the heart of the home and is where 98% of the time spent in our homes, this rings true. The warmth from the stove, the aromas of different spices, freshly brewed coffee or even burnt toast... all these subtle smells always draw the crowds, and this is when family discussions take place. The kitchen is a neutral setting where everyone feels comfortable. Well KTT can replicate that same environment where ladies feel safe and at home.

When individuals feel relaxed and are in trustworthy surroundings, the likelihood of them opening up increases.

So, couple the environment with a hot drink and more importantly CAKE you now not only have a safe setting but a much more inviting and fun one too! As the years go on it is evident that individuals are more exposed 'to life' at an earlier age!

The access to information is readily available at their fingertips, but are they equipped to deal with challenges when they arise? With ever growing pressures in the home and daily activities, daily 'Kitchen Table Talks' go amiss. The art of collective talking has diminished, whilst the focus is solely on mobile devices.





INTRODUCTION CONTINUED...

Voices are now unheard as social media is screaming out whilst drowning out the cries of the troubled and barricading issues that could shape our life. So, we talk about what every female would be interested in and incorporate wisdom and facts to ensure that ladies receive a holistic view. Bringing back the voice of young females is essential to ensure they know that they are unique and loved. Reminding them that they do not have to follow the beat of societies drum, leading them out of the Kitchen through the front door to an outstanding life!

AIM:

Kitchen Table Talks is a very flexible solution

Using unorthodox locations and unusual meeting times KTT are usually delivered outside of the typical environments. Each session lasts approximately 2 hours but can be tailored to suit the audience of those in attendance. The true beauty of Kitchen Table Talks is that it can be picked up and delivered anywhere, using our sensitively designed toolkit you can be trained in delivering the talks, or invest in one of our licensed facilitators to deliver the talks on your behalf.

Talks can be designed for your audience, if there is a conversation that you would like to facilitate we are able to create a bespoke toolkit, just for you.

OUTCOMES OF THE PROGRAMME



- Increased self- esteem, value and self -worth
- Developed deeper sense of purpose
- The increased ability to make informed decisions
- Deeper knowledge and understanding of systems affecting the target audience
- Greater ability to articulate issues



How it works

1. Invite your attendees

To create the environment suitable, we advise no more than 15 participants per talks.

We will create and supply suitable marketing information for your chosen group

Culturally competent, relatable role models will attend the talks to enable the conversations

2. Location, Location, Location

Creating a culturally and psychologically informed space is crucial, we will select the correct location to enable the talks

Ideally each talk lasts for approximately 2 hours, this can be adjusted to suit the needs of the audience.

We supply delicious refreshments

Using the selected theme, the talks commence

“

HELPFUL

"The peer to peer engagement was helpful to understand and relate to the information that was shared. I felt that hearing each other's stories helped us to relate and thus be able to apply the learning to our own lives. It was easy to be very honest, the environment felt safe. This experience caused me to reflect on how they feel about issues discussed."





How it works continued...

3. When it is all said and done..

We supply a detailed report detailing key findings and issues, work with you to arrange the next steps.



EMPOWERMENT

“

"There was such a sense of positive affirmation. I felt like being called VIPs was enlightening for them and deepened the message of who they let into their lives."

KITCHEN TABLE TALKS

INVESTMENT COMPLETE PACKAGE

All of the below are included in your complete package

3 X KITCHEN TABLE TALKS SESSIONS

MARKETING, VENUE,
REFRESHMENTS,
RELATABLE
CONVERSATION
ENABLER AND FINAL
WRITTEN REPORT

ADDITIONAL OPTIONS*

LICENSED FACILITATOR TO
DELIVER BESPOKE KTT
TRAINING 1 FULL DAY

SHORT HIGHLIGHT REEL
CAPTURING HIGHLIGHTS
FROM TALKS

KITCHEN TABLE TALKS
MERCHANDISE

**These options can be purchased individually and added on
in addition to your complete package*



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Email us at info@fclegacy.co.uk



VISIT OUR WEBSITE

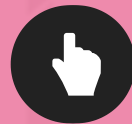
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