

# SYNODAL CONVERSATION

## PARTICIPANT GUIDE



### Honor the intention

*Be mindful of the sacredness within the conversation.*



### Speak to be understood

*Avoid long stories or complicated examples with a lot of detail. Instead, aim to be succinct.*



### Listen to understand

*Instead of preparing your response, listen to grasp what others are trying to say.*



### Be open to growth

*Enter into the process from a place of humility.*



### Speak from the heart

*Share from your own experience.*



### Stay curious

*Lean into nonjudgmental inquiry. Remain open to hearing other or differing perspectives. Return to wonder.*