

Table Consults - Peer Coaching

A Table Consult gives each person an opportunity to receive advice, counsel and suggestions on a current challenge.

Divide into groups of 4-6 women. Ask a timekeeper to set a timer for each section before beginning. One person at a time gets the floor.

Ask the person wanting a consult to share the situation briefly in one or two minutes. Ask her what she wants out of the table consult.

Ask clarifying questions for the next 8-10 minutes, with each group member having an opportunity to ask questions, one by one. If someone doesn't have a clarifying question, she may pass. The person bringing a problem responds briefly to each question. If there is time, or the issue warrants it, you may choose to go back around the group with another set of clarifying questions.

Once questions are asked and the situation is understood, ask the presenter if she would like input. Each community member gives one short piece of counsel and shares her feelings, perceptions, or what she may have seen or noticed about the challenge at hand (approximately 10 minutes). Feedback should be brief and actionable.

If the topic is a tender one, or the presenter is not aware of a heart issue that may need to be pursued, ask permission to press in. It is crucial that the group is a safe one.

Adapted from Open Hearts Ministry, (www.OHMin.org)

