

SOHEE JUN PH.D

PREMIERE LEADERSHIP COACH

HOW TO HAVE YOUR OWN DINNER CONVERSATION

This is your guide to hosting your own dinner conversation. The purpose of this gathering is to bring together women from diverse backgrounds and experiences to discuss and share their experiences, challenges, and wisdom related to navigating doubts and insecurities in their careers. The goal is to foster connections, inspire one another, and leave with a renewed sense of optimism and empowerment.

Setting the Table

Let's begin by setting the table for our dinner conversation. Beyond arranging the food and silverware, it's about creating the proper atmosphere to foster our meaningful exchange.

- Create an Open and Vulnerable Space: Emphasize the significance of open and honest communication.
 - Encourage Attendees to Share: Invite participants to share their stories, lived experiences, and unique perspectives.
 - Establish Authenticity: Set a tone of vulnerability and authenticity to ensure everyone feels comfortable contributing.
 - Facilitate Respectful Communication: Provide guidelines for respectful communication, such as active listening, using "I" statements, and refraining from interrupting.
 - Remain Open to Learning: Encourage attendees to approach the conversation with an open mind, ready to learn from each other's insights and experiences.
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DINNER CONVERSATION QUESTION GUIDE

Here are the courses for the feast! Utilize the questions provided to guide and enrich the discussion. Feel free to focus on a few topics or explore all of them to deepen the conversation.

1 North Star

- "How do you define success?"
- "What does success mean to you?"

2 Values

- "What are some of the main values you want to live by?"
- "What feels fulfilling to you?"

3 Seasons in your career

- "What advice do you have for women in the early years of their careers, in their mid-careers, and in later stages of their careers?"

4 Mentors

- "Do you believe you are worthy of mentorship?"
- "What specific areas, either related to career or personal life, would you appreciate mentorship in?"

5 Self-Doubt

- "How do you overcome self-doubt and build yourself back up?"
- "What would you do if you had complete confidence you wouldn't fail?"

6 Wisdom & Personal Growth

- "What's the best piece of advice that has stuck with you?"
- "What are some nonnegotiables in your life?"

7 Growth Moments

- "What are the concerns you're most likely to lose sleep over?"
- "How can you be in service to other women, to show them that you're a safe person to discuss their midnight worries with?"

8 Journey

- "If you could do over your career, what would you do differently and why?"
- "What have you learned from your journey so far?"