

Setting up on-going meetings

When you begin to plan your meeting, you should be able to tell whether it will be a one-off event or a run of conversations over time.

If you need to bring people back together repeatedly as work moves forwards, it might be useful to use the **'8 Breaths of Process'** Model from **The Art of Hosting** to guide you.

This model shows how a group of people can come together in a space where each individual's views and opinions are valued equally. The results of working in this way makes for more informed action and increased connection between participants.

You can view a handy 2 page explainer [here](#), which helps articulate the foundations of this tool.

The 9 steps of the '8 Breath Model'

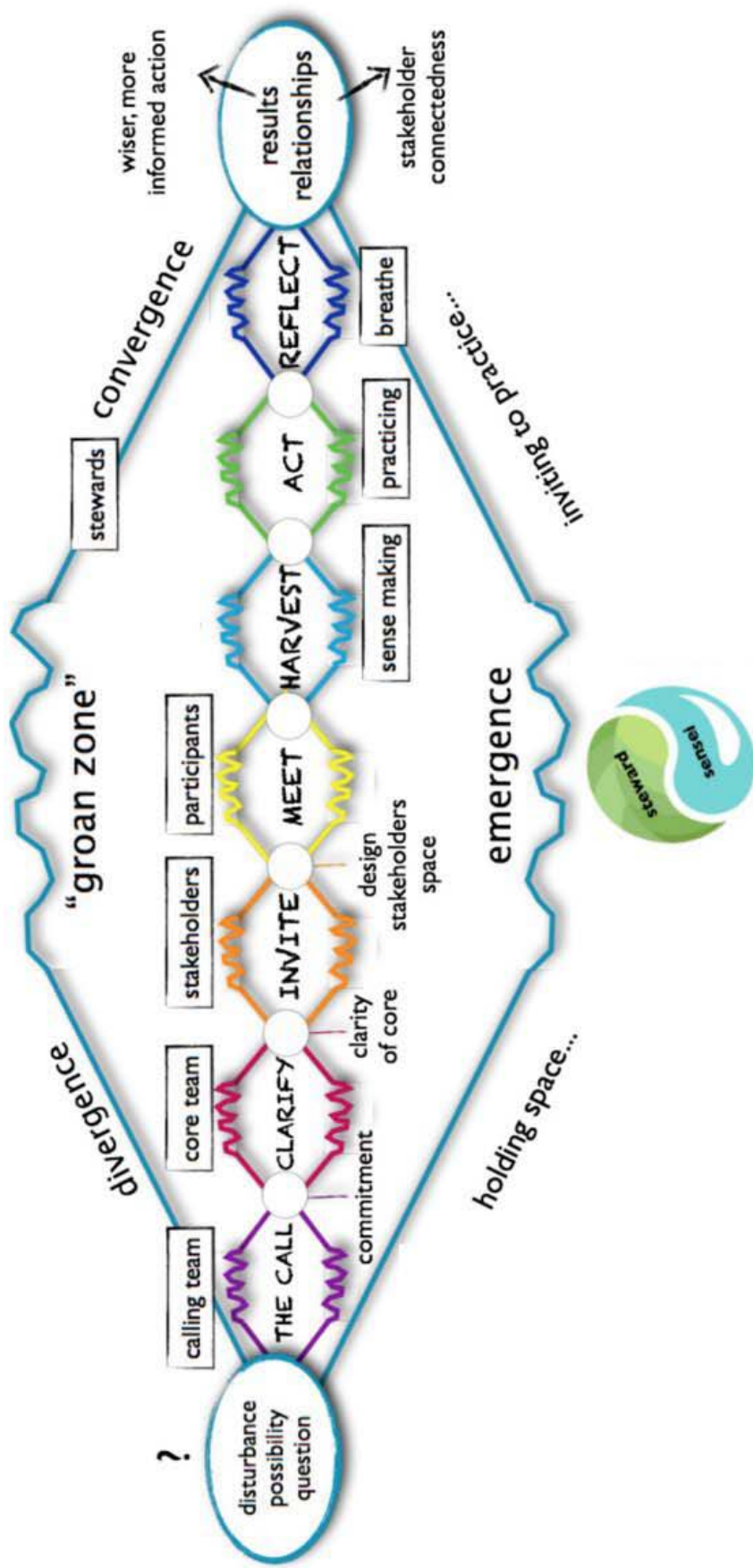
In between each step participants are encouraged to create space for thought and 'breath'.

This slows the process down and ensures commitment from everyone involved.

The diagram on page two shows where divergence (disagreement and difference) and convergence (coming together) take place. There is space held between the two to allow for the emergence of new ideas to occur.

It's often tough to stay in this place as there is often a rush to make decisions. This is why it's marked 'the groan zone'.





The history of these tools

There needs to be some text here linking to the heritage and culture of where these tools have come from and been adapted from. It could be that this is just a short bit of text and we direct people to the website for further info where there will be much more credibility.



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