

Tea House Conversations

QUICK COURSE GUIDE

Purpose: Practice conversations that make room for listening, reflection, choice, boundaries, pauses, and repair.

Complete the workshop

1	Watch the complete workshop presentation.
2	Use the Participant Workbook for reflection and practice notes.
3	Check the conversation temperature before pushing forward.
4	Practice listening, reflecting, and asking what kind of support is wanted.
5	Use boundary, pause, or repair language when the conversation needs it.
6	Finish by choosing one conversation practice you want to carry into real life.

What counts as complete: You watched the presentation, used the workbook where helpful, participated in the core practice, and chose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity cards or trackers that are useful to you. Return to the workshop resources when you want a refresher.

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Conversation Temperature Card

Check the room before trying to solve the room.

COOL - we can talk openly
WARM - slow down and clarify
HOT - pause, regulate, or reschedule
Temperature now: _____
What would make this safer/more useful? _____

Use it if it helps. Skip it if it does not.

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Listen / Reflect / Ask Card

A pocket structure for staying in conversation without fixing, performing, or taking over.

LISTEN: What did I actually hear?
REFLECT: 'What I hear you saying is...'
ASK: 'Do you want listening, ideas, help, or space?'
My note: _____

Use it if it helps. Skip it if it does not.

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Tea House Boundary & Repair Card

Use when a conversation needs a boundary, reset, or repair.

BOUNDARY: 'I want to keep talking, and I cannot do it this way.'

PAUSE: 'I need a break. Can we return at _____?'

REPAIR: 'What I said/did was _____. The impact may have been _____. What I want to do differently is _____.'

Use it if it helps. Skip it if it does not.