

Table Grace creates space for life-giving transformational conversations, story-sharing, and resourcing. Participants in **Table Grace Partner Conversations** will clarify where they have been, where they are now, where they want to go, and who they want to be. The result is greater clarity of next steps with a purposeful commitment to abundant life for all.



Sessions facilitated by Carol Wilson as Conversation Partner and Guide.

Group Coaching Partner Conversation for Peer Colleagues are designed, in the spirit of individual coaching, to help participants seeking to take next steps in thriving marked by connection, meaning, agency, blessing, and hope.

These conversations are for those willing to explore and grow with others in a group setting and seeking to stay healthy for the long haul. Participants may be enjoying their work or experiencing blocks to their best efforts. These conversations provide encouragement and strengthen relationships.

Conversations may consist of the following:

- Identifying various personal and cultural stories that influence our sense of possibility
- Utilizing practices of mindfulness, discernment, and self-care
- Sorting through complex or conflictual situations
- Identifying patterns of experiences
- Exploring the dynamics of systems at play
- Providing resources related to identified interests and new opportunities

Group Coaching Partner Conversations create space to hear God's grace through sharing and listening and create a path that moves toward abundant life. These conversations may also be supported by additional scheduled individual conversations. They can occur by Zoom or in person.

Group size is limited to 8 persons. The standard format includes six sessions: five 1-1½ hour group sessions and one 1-hour individual conversation for each participant. The frequency of sessions is determined in conversation with the group. Sessions can also be provided as group content for a retreat or day apart.

Based on a group of 8 participants, fees are \$1,200 for 6 session series (5 group and 1 individual each) with additional coaching available for \$100/hour. *All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine whether **Group Coaching Partner Conversations** are a good fit for you, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



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Staff and Leadership Team Partner Conversation: Strengthening Our Relationships and Service.

These conversations, in the spirit of facilitation and consultation, engage organizational or congregational representatives in a guided time of sharing and hearing afresh their stories of where they have been, where they are, and the possibilities for their next steps.

These conversations are for staff and/or leaders who want to strengthen relationships and renew fulfillment of shared visions. They create space for reflection and encouragement to foster a healthy environment and development of connection, meaning, agency, blessing, and hope.

Conversations may consist of the following:

- Identifying limiting stories and stories of new possibilities
- Structured conversations for difficult topics and confusing circumstances
- Opportunities to reconnect with each other and renew energy
- Practices and experiences to cultivate vision, direction, and hope
- Providing resources related to identified interests and new opportunities

Staff and Leadership Team Partner Conversations create space to listen to each other and to move toward more abundant life for themselves and those they serve. Conversation options include short-term series, staff or planning retreats, days apart, and workshops. They can occur by Zoom or in person.

Formats for these opportunities will meet the particular needs of the organization or congregation. The fee is \$100 per hour; or \$250 for a morning or afternoon session; or \$500 for a 6-hour session. *All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine whether **Group Coaching Partner Conversations** are a good fit for your staff or leadership team or for more information, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



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Social Topic Interest Group Conversation: Healing our Divides. These conversations, in the spirit of mutual learning experiences, equip participants to engage challenging social topics with deeper understanding and a commitment to thriving for all. Possible topics include: transforming our divides, food justice and insecurity, housing insecurity, anti-racism practices, addiction and trauma-informed communities, climate concerns and creation care, gun safety, justice and incarceration practices, understanding Christian nationalism, and systems which shape our everyday lives.

These conversations are for those who seek to be informed about core issues and systems at play in our communal life so that they are better prepared to contribute to the greater good of the larger community. They provide information, relationship-building, and possibilities for action that reflect commitment to care for all.

Conversations may consist of the following:

- Structured and informal conversations and story-sharing to create safe space for learning
- Identifying various personal, cultural, and scriptural stories that influence our sense of connection and possibilities
- Exploring resources that give insight to entry points for community transformation
- Generating possibilities for personal callings to contribute to community thriving

Social Topic Interest Group Conversations create space to listen and learn about one or more topics of interest. They can occur over meals, or in short-term series, day-apart settings, or retreats, either in-person or by Zoom. Participants may be members of an existing small group or a group gathered for a particular interest. These groups can be established by request for consideration of a particular topic or initiated by Table Grace as an occasional short-term offering.

Formats for these opportunities will meet the particular needs of your group. Fees are based on the length of the series and number of participants. Fees begin with a base of \$75 per session for a series of five 1½ hour sessions for up to 10 participants with an additional \$5 per session per participant.

For local in-person settings, there is a meal option available. Meal charges are in addition to the base fee, and the session time will be extended to accommodate eating together.

Remember: *All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine if **Social Topic Interest Group Partner Conversations** are a good fit for your group or for more information, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



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Sessions facilitated by Carol Wilson as Conversation Partner and Guide.

Faith Exploration Conversations provide space for more in-depth exploration of theology and issues of faith, especially considering faith-informed practices that contribute to abundant life for all.

These conversations are for those who seek to integrate faith into daily life decisions and who are willing to reframe personal and cultural stories to create new possibilities for greater thriving.

Conversations may consist of the following:

- Identifying limiting stories and stories of new possibilities
- Structured conversations for safe exploration of challenging topics
- Opportunities to connect with others and with God's grace
- Practices and experiences to cultivate vision, direction, and hope
- Utilizing faith-based resources which invite reflection and action

Faith Exploration Conversations create space for persons of faith who are involved in a congregation or who are seeking to find alternative ways to experience and grow in faith. They occur in short-term series with the frequency of the conversations determined by the group participants. They may occur either in person or by Zoom. Meals may be included if desired.

Fees are based on the length of the series and number of participants. Fees begin with a base of \$75 per session for a series of five 1½ hour sessions for up to 10 participants with an additional \$5 per session per participant.

For local in-person settings, there is a meal option available. Meal charges are in addition to the base fee, and the session time will be extended to accommodate eating together.

Remember: *All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine if **Faith Exploration Conversations** are a good fit for you or your group, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



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Faith-Based Projects and Sharing Conversations combine a group activity with a project that benefits others and provide the opportunity to explore the faith connections with the activity.

These conversations are for particular age groups or a multi-age group.

Conversations may consist of the following:

- Opportunities to connect with other participants in an activity that contributes to thriving
- Story-sharing related to the project
- Practices leading to direction and hope for the larger community
- Guided conversations connecting the project and future activities to faith commitments
- Hands-on activities appropriate for the age and skill-level of the participants

Faith-Based Projects and Sharing Conversations are designed to accommodate the interests of the participants. They may include food preparation for others on an as-requested basis and will be designed to be fun for the participants and meaningful for those who benefit from the chosen project.

Fees for **Faith-Based Projects and Sharing Conversations** are based on the selected project which will be decided with the participants.

All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind. Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine if **Faith-Based Projects and Sharing Conversations** are a good fit for your group, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



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Table Grace Offerings

Individual Partner Conversations*

- Moving toward the possibility of thriving by identifying what matters to you, what gets in your way, and how you are going to get there.

Small Group Partner Conversations*

- Moving toward the possibility of thriving by identifying your core values, what limits your individual and collective experiences, and choices that foster abundant life.
- Available for colleague groups, interest groups, staff and leadership teams.
- Possible conversations include short-term series, book studies, day-apart gatherings, retreats, workshops, planning days, skill development sessions, and shared meals.

Congregation Partner Conversations*

- Moving toward the possibility of thriving by identifying where you have been, where you are, where you want to go, and who you want to be as a community of faith and abundant life.
- Available for congregational leadership, vision, and revitalization teams.
- Possible conversations include short-term series, book studies, day-apart gatherings, retreats, workshops, planning days, skill development sessions, and shared meals.



* **All Partner Conversations** are available in person or by Zoom and can be customized to your particular setting. As your Conversation Partner & Guide, Carol will draw on her personal and professional experiences as well as the skill sets of consulting, coaching, facilitating, and resourcing.



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Conversation Partner & Guide

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What is Table Grace?

Table Grace starts with an intentional commitment to abundant life for all and provides Partner Conversations to ...

- ❖ **EXPLORE** stories which limit us,
- ❖ **CREATE** stories of possibility, and
- ❖ **DEVELOP** next steps for individuals, small groups, organizations, and congregations.

Table Grace invites individuals and groups to hear and tell the stories which shape our lives. We listen to better understand where we have been, where we are now, where we want to go, and who we want to be. By creating opportunities for transformational conversations, story-sharing, and resourcing, individuals, families (both given and chosen), organizations or congregations, and communities can explore the abundance of life—life marked by connection, meaning, agency, blessing, and hope.



Table Grace occurs through guided conversations filled with listening, laughter, trying on new ideas, and trying out speaking new thoughts. As worldviews expand and relationships deepen, our hope in the fullness and goodness of life is nurtured and confirmed.

Table Grace calls each of us beyond this fast-food world of quick fixes to linger in the moment and consider new possibilities. Life is complex and beautiful, hard and amazing ... it's worth savoring!

TableGracePartnerConversations.com

Carol Wilson is based in Johnson City, Tenn. She served for thirty years as a United Methodist Church pastor, district superintendent, and conference staff member helping others tell their own stories, sort through complexities to reach clarity in priorities and direction, and decide on next steps. **Table Grace** combines her personal and church leadership experience with further training in coaching, community-building, cultural systems, congregational health, and innovation processes.



"Our best
Partner Conversations
come when we engage
in the challenge
of loving each other
better."