

## **Program Summary: Mediator Mandatory Mixer**

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Participants will be broken into small mixer groups and **asked a simple question that is answered with a personal opinion**, for example, “What is the best donut flavor? Describe why”. The mixer leader will then explain that **as the first person is answering the question, the second one must interrupt them** and provide a rebuttal with their thoughts. This interruption chain continues until everyone who wishes to participate speaks.

Once everyone goes, the mixer leader will provide **discussion questions**, asking what participants observed in the conversation, what they were thinking about as they were waiting to interrupt, and what it felt like to be interrupted, even though they were expecting it.

After the initial discussion, **mixer leaders will guide participants into a discussion about clear communication, open-mindedness, and active listening** and how they can improve relationships, promote productivity, create a healthy, inclusive space, and how they will take what they learned and apply it to their life.

With a focus on communicating actively and openly, this mixer aims to provoke participants to be more inclusive in their conversations and to create an environment in which productive discussions and healthy relationships can be made.

**Participants should walk away from this mixer with a changed view on how they communicate with others and fun memories** of a passionate conversation (hypothetically) about donuts.