



Guide

First Teylu



Guide: First Teylu

What is the purpose of the First Teylu?

- ✓ Introduce the Members to one another
- ✓ Explore shared, Teylu values
- ✓ Discuss why the Teylu has formed

The First Teylu sets the expectations of Members and its reason for being: the Teylu Topic.

A First Teylu is only applicable if you are a new group, with a new Topic.

The Hosting Role

Someone needs to take responsibility for the role of “Host”. It will often be the person who initiates the Teylu, but not necessarily. The Host facilitates the group to ensure productive, honest conversation occurs through:

- ✓ Creating a warm, relaxed experience
- ✓ Keeping time
- ✓ Maintaining momentum
- ✓ Staying focused on the purpose
- ✓ Encouraging everyone to contribute
- ✓ Modelling authentic, open dialogue

This is a great opportunity to grow facilitation and servant leadership experience.

A Co-Host

Whilst all Members are responsible to ensure everyone contributes (and some Teylus even share the Hosting role around) we recommend you choose a Co-Host to help:

- ✓ Administer the Teylu
- ✓ Improve the experience
- ✓ Keep you accountable and growing
- ✓ Share in the leadership adventure

Creating your Teylu

Invite People

Make the invitation personal and inclusive. Consider the context. Will it be over a meal? In someone’s home? In a meeting room?

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It can be worth gathering a core group of Members around your reason for starting a Teylu before asking others; people like being invited into something with momentum.

Perhaps open a Group Chat

WhatsApp, Slack etc. to maintain contact and share information throughout the Teylu.

Absorb the Values & Charter

Familiarise yourself with the idea of the [Three Teylu Values and Charter for a Teylu](#).

Consider what you can share to model the values: vulnerability in particular. Being vulnerable is the most powerful way to generate meaningful, authentic conversation.

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Preparing for your Teylu

Consider the Space

The physical reinforces the cultural. Make it homely. Offer food; even if just cake or nibbles. Greet people at the door. Introduce them into someone's conversation.

Shared Hosting

If you want to share it, inform the other Members early on so they can consider it.

Gather Resources

Review the Resources recommended in the Format, or create and use your own.

Immediately Beforehand

Have a time of quiet or calm for yourself to clear some headspace.

Taking Notes

It can be helpful at times to take notes on how the Teylu is going or ideas for the future. If you are going to do that, just point out what you're doing so people don't think you're writing down what people are sharing confidential.

Warming Up & Down

If you can allow for some time before and after the Teylu for general conversation to build the relationships and ease people in and out of the space, then great. But, if you have to choose between the two, do it afterwards and just start on time.

Given this is at your discretion, Warm Up/Down times are not included in the agenda.

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The First Teylu Format

Warm Up Time (Optional)

1. CELEBRATION 8 mins

A) Enthusiastic welcome (you're doing something awesome!)

Outline the purpose of the First Teylu; confidentiality reminder; logistics etc.

B) Positive small group experiences

Ask: "What positive experiences do you have of small groups?"

C) Ice breaker question of your choice

2. CONVERSATION 45 mins

Contributions & Concerns

"What do you hope to achieve in this Teylu?"

"What concerns do you have about being in a Teylu?"

"What do you hope to contribute in this Teylu?"

3. CONNECTION 7 mins

Ask: "What did you particularly connect with today?"

A) "One contribution I particularly appreciated was..."

B) "One thing I'll takeaway is..."

Total 60 mins

Warm Down Time (Optional)

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1. CELEBRATION

Resource	N/A
Time	25 mins
Action	<p>A. Enthusiastic welcome (you're doing something awesome!)</p> <ul style="list-style-type: none">- Thank everyone for coming.- Outline the purpose of the First Teylu- State everything shared is in confidence.- Ask for Help to ensure everyone gets heard.- Provide any basic admin/logistical information.- Acknowledge a Teylu is a different space intended to genuinely connect members and may occasionally feel unfamiliar or uncomfortable, but that means it's working. <p>B. Ask: "What positive experiences do you have of small groups?"</p> <ul style="list-style-type: none">- Share encouraging stories or thoughts. <p>C. Any simple ice breaker question</p> <ul style="list-style-type: none">- Use one that carries low social risk at this stage- Ask the odd follow up question to learn a little more about people but without making them feel interrogated
Why	<ul style="list-style-type: none">- Introduces people to the space and concept.- Kickstarts the Teylu with a positive mindset- Gets to know one another a little better
Self-Evaluate	Do Members appear relaxed and willing to share?

2. CONVERSATION

Resource	N/A
Time	45 mins

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Action	Contributions & Concerns <ul style="list-style-type: none">- “What do you hope to achieve in this Teylu?”- “What concerns do you have about being in a Teylu?”- “What do you hope to contribute in this Teylu?”
Why	<ul style="list-style-type: none">- A beliefs and values platform outlining cultural expectations.- Reinforces personal and communal commitment.- Normalises the issue of doubt and uncertainty.
Self-Evaluate	Do Members appear committed to the spirit of the Teylu? Are there values that people find particularly important or challenging? Is everyone enthusiastic and hopeful for change? What are the common motivations within the group?

3. CONNECTION

Resource	N/A
Time	9 mins
Action	Ask: “How have you particularly connected today?” A) “One contribution I particularly appreciated was...” B) “One thing I’ll takeaway is...” <ul style="list-style-type: none">- Everyone should speak: go methodically round the Teylu.- Use the response starters to focus the answer and its length.
Why	<ul style="list-style-type: none">- People leave feeling connected and affirmed.- People are more likely to attend the next Teylu.
Evaluate	Does everyone appear open, appreciated and willing to receive praise?

Optional: Closer & Takeaway

Resource	Add On: Closer <p>A closer is a brief moment to close out the Teylu, e.g. poem, proverb, book extract, short story, quote, prayer etc. Not intended to prompt discussion, just something thoughtful to close the meeting out.</p>
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[See: Example Closers](#)

Resource

Add On: Takeaway

A takeaway is something people can take away to think about between Teylus. Could be an activity, a question to consider etc

[See: Example Takeaways](#)

Congratulations for contributing to a meaningful conversation.

This is how possibilities become reality!! 🙌 😊 🎉