



# Product Sheet with Investment

## Introduction

At Kitchen Table Talks we encourage communication of all kinds! Random topics, political, social even comical. We believe that having a safe and open platform for you to share will support growth and confidence. So, come on let's talk.

There is a saying that goes a little something like this. The kitchen is the heart of the home and is where 98% of the time spent in our homes, this rings true. The warmth from the stove, the aromas of different spices, freshly brewed coffee or even burnt toast... all these subtle smells always draw the crowds, and this is when family discussions take place.

The kitchen is a neutral setting where everyone feels comfortable. Well KTT can replicate that same environment where ladies feel safe and at home. When individuals feel relaxed and are in trustworthy surroundings, the likelihood of them opening up increases. So, couple the environment with a hot drink and more importantly CAKE you now not only have a safe setting but a much more inviting and fun one too!

As the years go on it is evident that individuals are more exposed 'to life' at an earlier age! The access to information is readily available at their fingertips, but are they equipped to deal with challenges when they arise? With ever growing pressures in the home and daily activities, daily 'Kitchen Table Talks' go amiss. The art of collective talking has diminished, whilst the focus is solely on mobile devices. Voices are now unheard as social media is screaming out whilst drowning out the cries of the troubled and barricading issues that could shape our life.

So, we talk about what every female would be interested in and incorporate wisdom and facts to ensure that ladies receive a holistic view. Bringing back the voice of young females is essential to ensure they know that they are unique and loved. Reminding them that they do not have to follow the beat of societies drum, leading them out of the Kitchen through the front door to an outstanding life!



## A Very Flexible Solution

Using unorthodox locations and unusual meeting times KTT are usually delivered outside of the typical environments. Each session lasts approximately 2 hours but can be tailored to suit the audience of those in attendance. The true beauty of Kitchen Table Talks is that it can be picked up and delivered anywhere, using our sensitively designed toolkit you can be trained in delivering the talks, or invest in one of our licensed facilitators to deliver the talks on your behalf.

Talks can be designed for your audience, if there is a conversation that you would like to facilitate we are able to create a bespoke toolkit, just for you.

Outcomes could include:

- Increased self- esteem, value and self -worth
- Developed deeper sense of purpose
- The increased ability to make informed decisions
- Deeper knowledge and understanding of systems affecting the target audience
- Greater ability to articulate issues

## It's not what we say, but what others say that matters!

“Overall, I felt that the event was informative, helpful and there was a real air of empowerment.

### Helpful

The peer to peer engagement was helpful to understand and relate to the information that was shared. I felt that hearing each other's stories helped us to relate and thus be able to apply the learning to our own lives. It was easy to be very honest, the environment felt safe.

This experience caused me to reflect on how they feel about issues discussed.

### Empowerment

There was such a sense of positive affirmation. I felt like being called VIPs was enlightening for them and deepened the message of who they let into their lives.

### Setting

I felt this worked perfectly. The setting wasn't too small or too big. There was enough space to move around and for everyone to hear what was presented from the floor. The cakes and hot chocolate did help to make the session relaxed and informal.



## How it works?

### 1) Invite your attendees

- To create the environment suitable, we advise no more than 15 participants per talks.
- We will create and supply suitable marketing information for your chosen group
- Culturally competent, relatable role models will attend the talks to enable the conversations

### 2) Location, Location, Location

- Creating a culturally and psychologically informed space is crucial, we will select the correct location to enable the talks
- Ideally each talk lasts for approximately 2 hours, this can be adjusted to suit the needs of the audience.
- We supply delicious refreshments
- Using the selected theme, the talks commence
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### 3) When it is all said and done

- We supply a detailed report detailing key findings and issues, work with you to arrange the next steps.



## Additional Options

- Licensed facilitator to deliver bespoke KTT Training
- Short highlight reel capturing highlights from Talks
- Kitchen Table Talks merchandise.

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## Investment Options

### Complete Package

3 x Kitchen Table Talks Sessions

Marketing, Venue, refreshments, relatable conversation enabler and final written report

£3500

### Additional Options

- Licensed Facilitator for bespoke training 1 full day £1000
- Short highlight reel £1500
- Kitchen Table Talks Merchandise from £500

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## For more information

Please contact Sabrina Dennis [info@fclegacy.co.uk](mailto:info@fclegacy.co.uk) or call +447462236868

