



“Spilling the beans: Using World Cafés as an innovative, engaging tool to 'brew' health in the 3rd level sector”



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University

Student Affairs Ireland: Developing your Practice Series Session 1
Monday 26th May 2025






Lunch & Learn Session 1

Margaret Mc Loone,

SFHEA, Programme Chair & Lecturer in Health Promotion,
Dept of Health & Nutritional Sciences, Faculty of Science,
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Prof. Colette Kelly & Prof. Saoirse Nic Gabhainn

Health Promotion Research Centre,
University of Galway, Ireland



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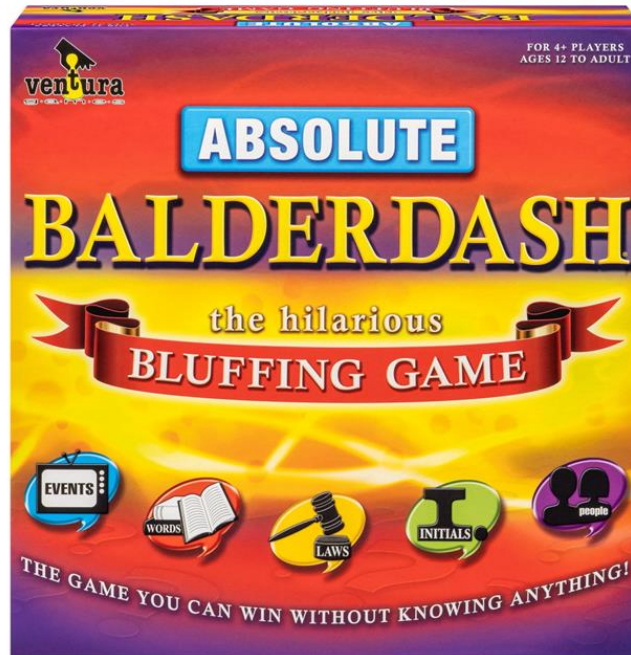




**Can you think about what
you like to do in your life,
that you enjoy?**



Can you think about what you like to do in your life, that you enjoy?



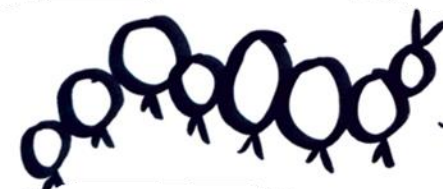
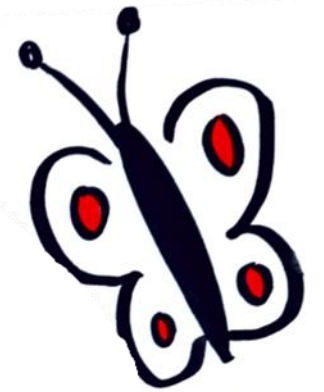
Can you think about what you like to do in your life, that you enjoy?



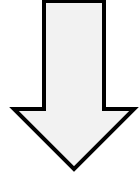
Conversation

"The greatest gift you can give another is the purity of your attention"

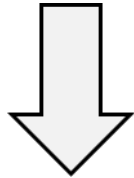
Richard Moss



Conversation is important to capture people's 'voice'

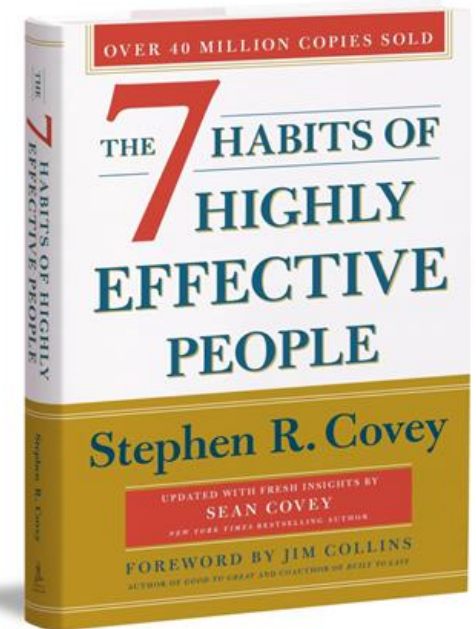


"listen to understand, *not* to reply"

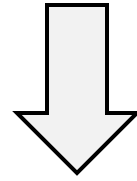


"emphasizes the importance of truly hearing and comprehending what the other person is saying, rather than just waiting for your turn to speak. This approach fosters deeper connections and more meaningful conversations.

(Covey, 2020)



Conversation is becoming more difficult in society



Digitalisation within contemporary society has enabled electronic devices such as smartphones, tablets, laptops and games consoles to permeate family life (Dixon et al. 2023).

Technoference

‘Phubbing’



Conversation is becoming more difficult

Dixon et al. *BMC Public Health* (2023) 23:2053
<https://doi.org/10.1186/s12889-023-16850-x>

BMC Public Health

RESEARCH

Open Access

Parental technoference and adolescents' mental health and violent behaviour: a scoping review

Donna Dixon^{1,2}, Catherine A. Sharp^{2,3*}, Karen Hughes^{2,3} and J. Carl. Hughes¹

Journal of Pediatric Nursing 62 (2022) 211–214



Contents lists available at ScienceDirect

Journal of Pediatric Nursing

journal homepage: www.pediatricnursing.org



Technology Department

The phubbing phenomenon: The impact on parent-child relationships

Susan Solecki, DrPH, FNP-BC, PPCNP-BC

Nursing, Drexel University, College of Nursing and Health Professions, Susan Solecki, 1968 Beyer Avenue, Philadelphia, PA 19115, United States of America



Journal of School Psychology

Volume 87, August 2021, Pages 64–81



Social learning in the digital age: Associations between technoference, mother-child attachment, and child social skills

Danielle Zayia^a , Leandra Parris^b, Brandon McDaniel^c, Gregory Braswell^a, Corinne Zimmerman^a

DOI: 10.1002/imhj.21908

REVIEW ARTICLE

WILEY

Smartphones in the nursery: Parental smartphone use and parental sensitivity and responsiveness within parent-child interaction in early childhood (0–5 years): A scoping review

Katrin Braune-Krickau¹ | Larissa Schneebeli¹ | Jessica Pehlke-Milde² | Michael Gemperle² | Ramona Koch² | Agnes von Wyl¹

> *Int Rev Psychiatry*. 2025 Feb;37(1):59–66. doi: 10.1080/09540261.2024.2442410. Epub 2024 Dec 23.

Connected or disconnected? Exploring technoference and its impact on interpersonal relationships among youth

Neeraj M S¹, B P Nirmala¹, N Janardhana¹, Manoj Kumar Sharma²



What is 'technoference'?

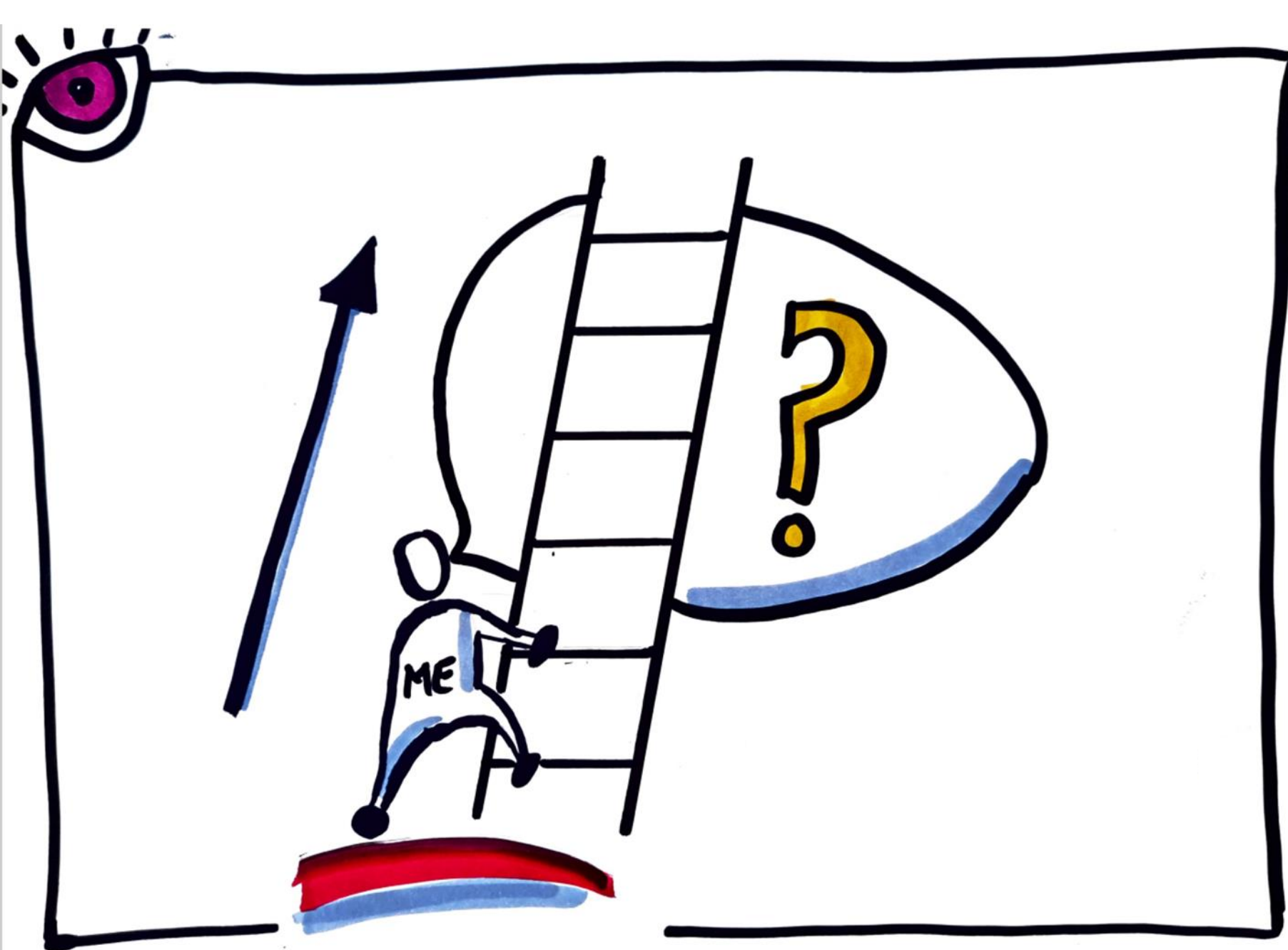
What is 'phubbing'?



Technoference refers to incidents in which technology use interferes with interpersonal exchanges for example conversations and playing.
(Zayia et al. 2021)



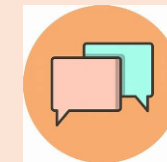
The term '**phubbing**', blending the words 'phone' and 'snubbing' is used to characterise a direct disregard for another individual in favour of one's phone
(Roberts & Davis, 2016)



STOP Tech**N**Of**e**rence**c**on**n**ect
LIST**E**N
eng**a**g**e**



The importance of conversation



***What if conversation is
how things get done?
(p27, Brown & Isaacs, 2005)***

(p19, Brown & Isaacs, 2005)

the WorldCafe™

First Edition

Paperback print edition ISBN 978-1-57675-258-6

PDF e-book ISBN 978-1-60509-251-5

Inception
1995,

The World Café

Shaping Our Futures
Through Conversations
That Matter

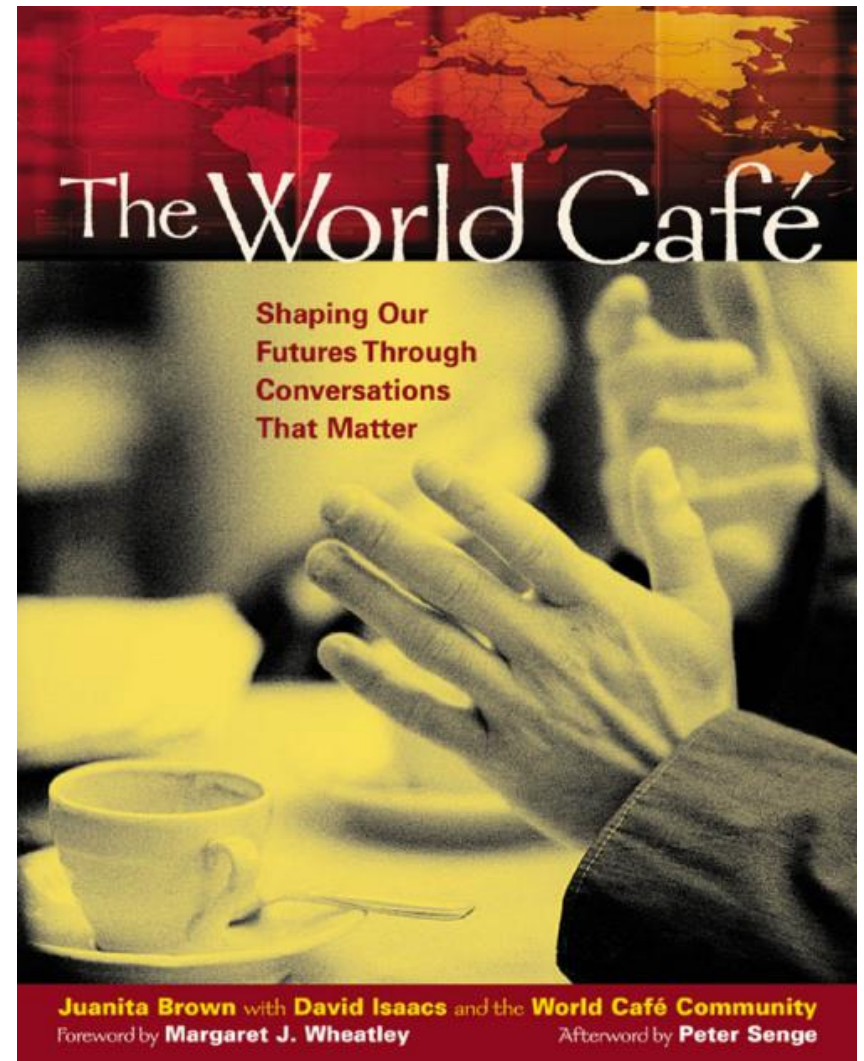
2005

Juanita Brown
with
David Isaacs
and
The World Café
Community



BK

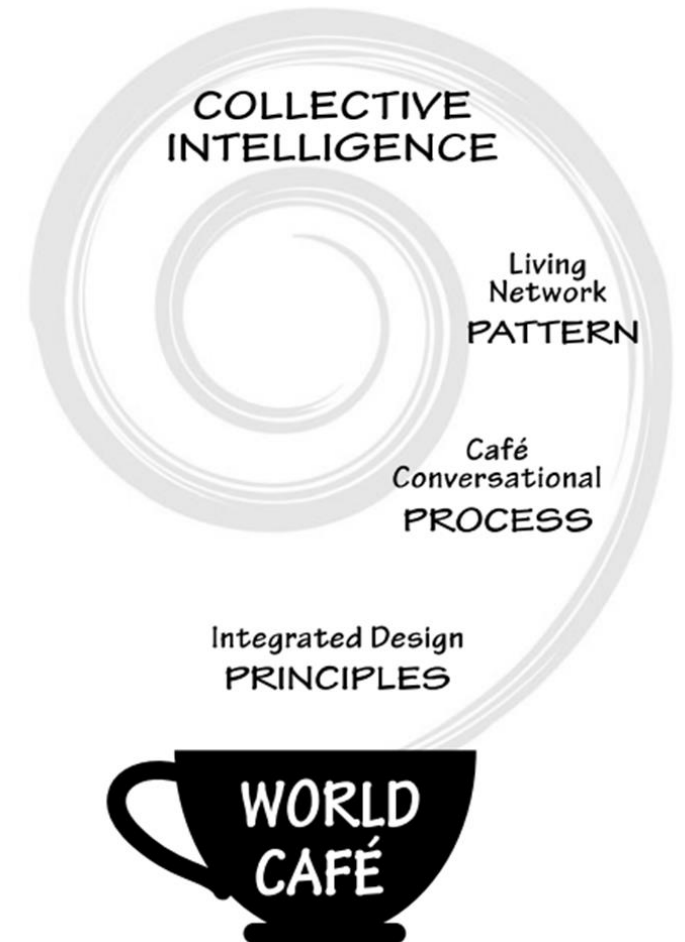
BERKELEY-KOEHLER PUBLISHERS, INC.
San Francisco



What does world café methodology actually mean?

Brown & Isaacs (2005) define the World Café model as:

*“a simple yet **powerful conversational process** for fostering constructive dialog, accessing **collective intelligence**, and **creating innovative possibilities for action**, particularly in groups that are larger than most traditional dialog approaches are designed to accommodate” (p. 3)*



Questions at the core of WC

1. How can we enhance **our capacity to talk and think more deeply together** about the critical issues facing our communities, our organisations, our nations, and our planet?
2. How can we **access the mutual intelligence and wisdom** we need to **create innovative paths forward**

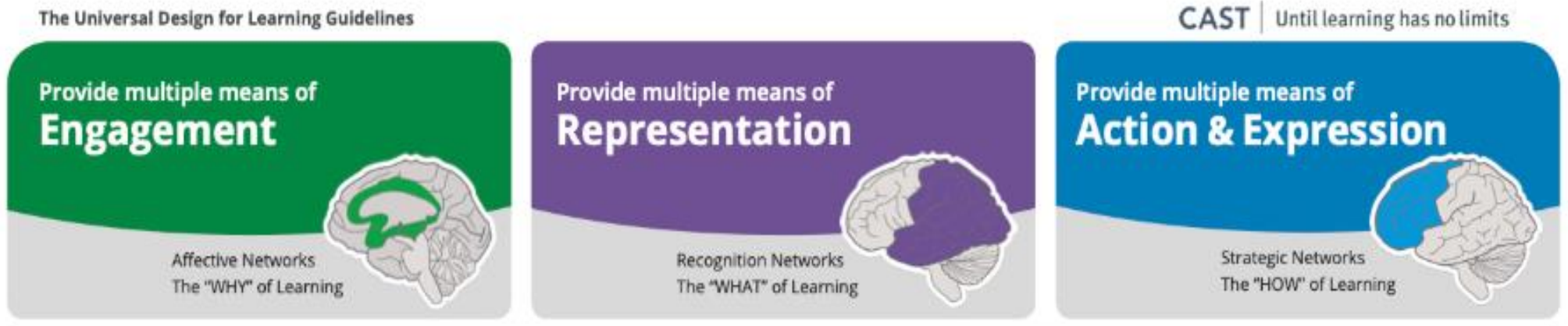


Belief in Everybody – “We can be wise but only together”

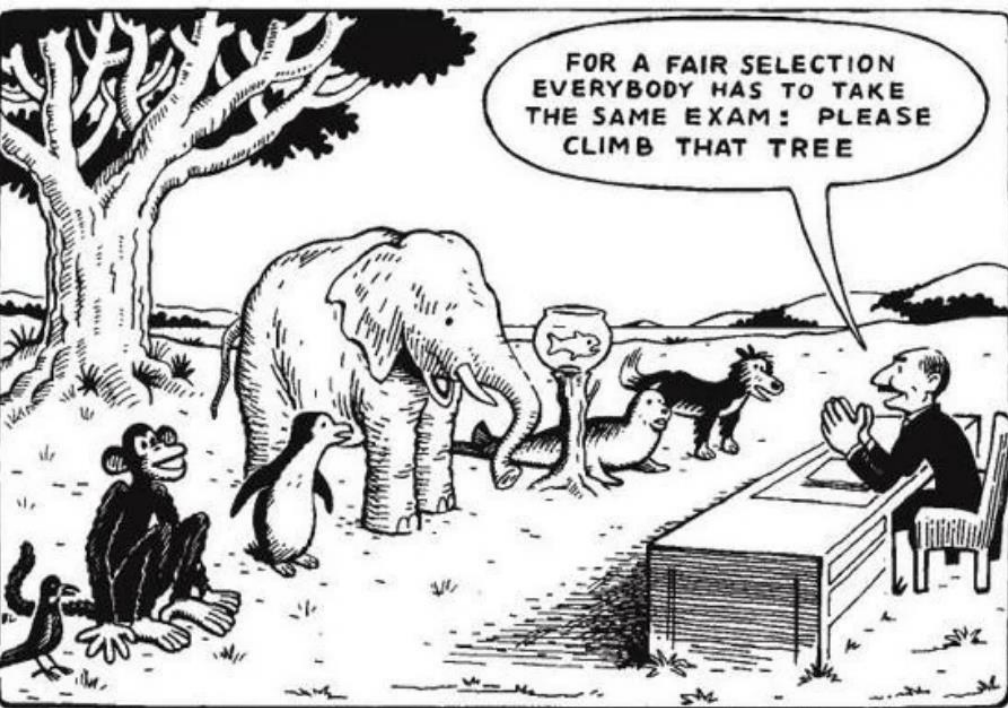
The World Café is a good, simple process for bringing people together around questions that matter. It is founded on the assumption that people have the capacity to work together, **no matter who they are.....**

It doesn't matter who the people are—the process works.

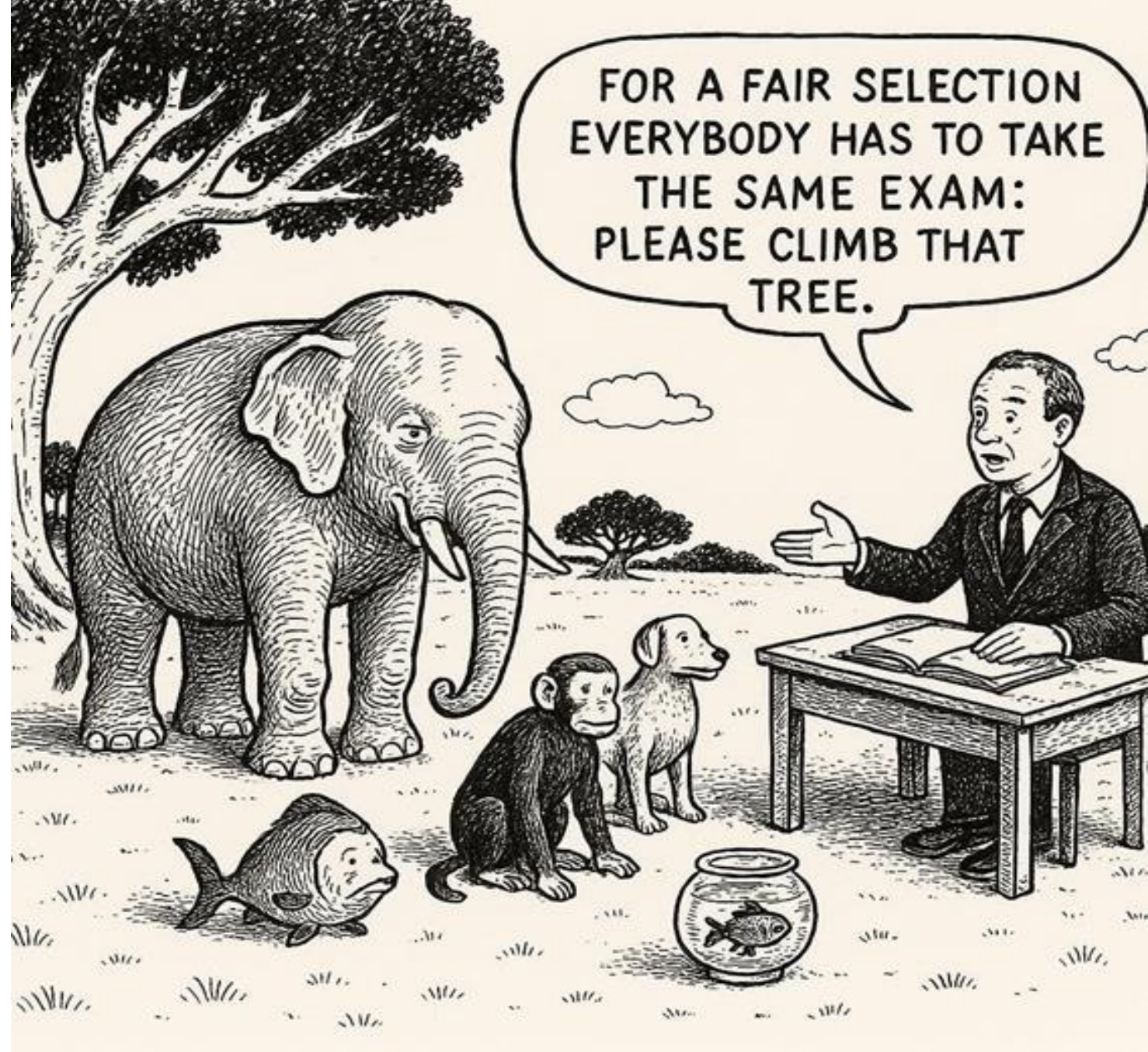
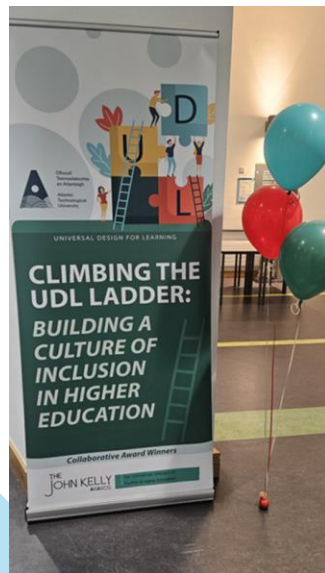
(p ix, Wheatley, Foreward in Brown & Isaacs, 2005)



(CAST, 2018 UDL Guidelines)



Traxler, 1976



(Linton, 2000) – New Zealand Herald

What could a World Café be used for?

Visioning/
Strategic
Planning

Team Building

Research

Teaching &
Learning

Community
Engagement

Policy
Development

Innovation

Creative
Civic
Dialogue

Blue-sky
thinking

Situational
Analysis

Virtual
Collaboration

Conflict
Resolution



What might a World Café look like in practice?



Launch:
Age-Friendly
University
World Cafe
Event, 1.30pm
Hume Hall



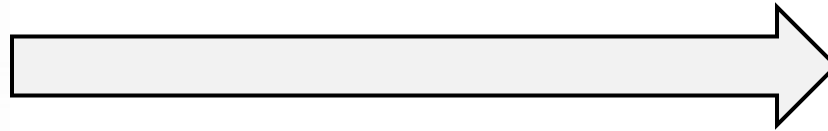
**Age-Friendly
University**
Global Network

What is the difference between a World Café Session and a Focus Group?

Differences	Focus Group	V's	World Café
Engagement	Facilitator led discussion, structured and question driven		Peer to peer dialogue within groups assisted by table host. Lightly facilitated and open
Output	Transcripts / recordings, qualitative text driven data		Collective intelligence, patterns, mini harvests, harvest, visual harvests, table clothes
Group Size	8-12 formal or semi-formal		Mini 12 – larger groups 100+ Café style ambiance multiple round tables
Format	1 group – one ‘discussion’ only Greater # of Q’s ≈8-14		Multiple rotating smaller groups (cross pollination of ideas). Smaller # of Q’s ≈3-5
Personnel	Facilitator – Participants Facilitator role is central – direct Q’s		Host – Table Host – Contributors Host is in the ‘background’ ensures flow of event
Roles	Participants providing feedback		Contributors - co-creators of knowledge & ideas
Time	≈30-45 minutes		≈90-20 minutes depends on # of table rounds

Spilling the beans: Using World Cafés as an innovative, engaging tool to 'brew' health in the 3rd level sector

“The magic in the middle.”



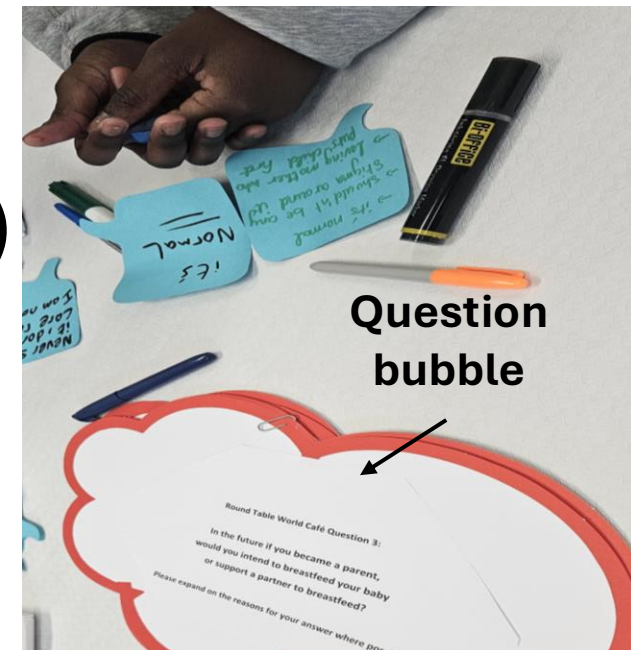
Conversations That Matter



Key World Café Terminology.....



- **Check in** – allows us land in a collective place and become present to self-regulate and group regulate
- **Contributors** – people taking part in a WC are called contributors (not participants)
- **Table round** – Specific allocated question(s) the contributors discuss for each round
(≈ 20 minutes each)



Key World Café Terminology.....

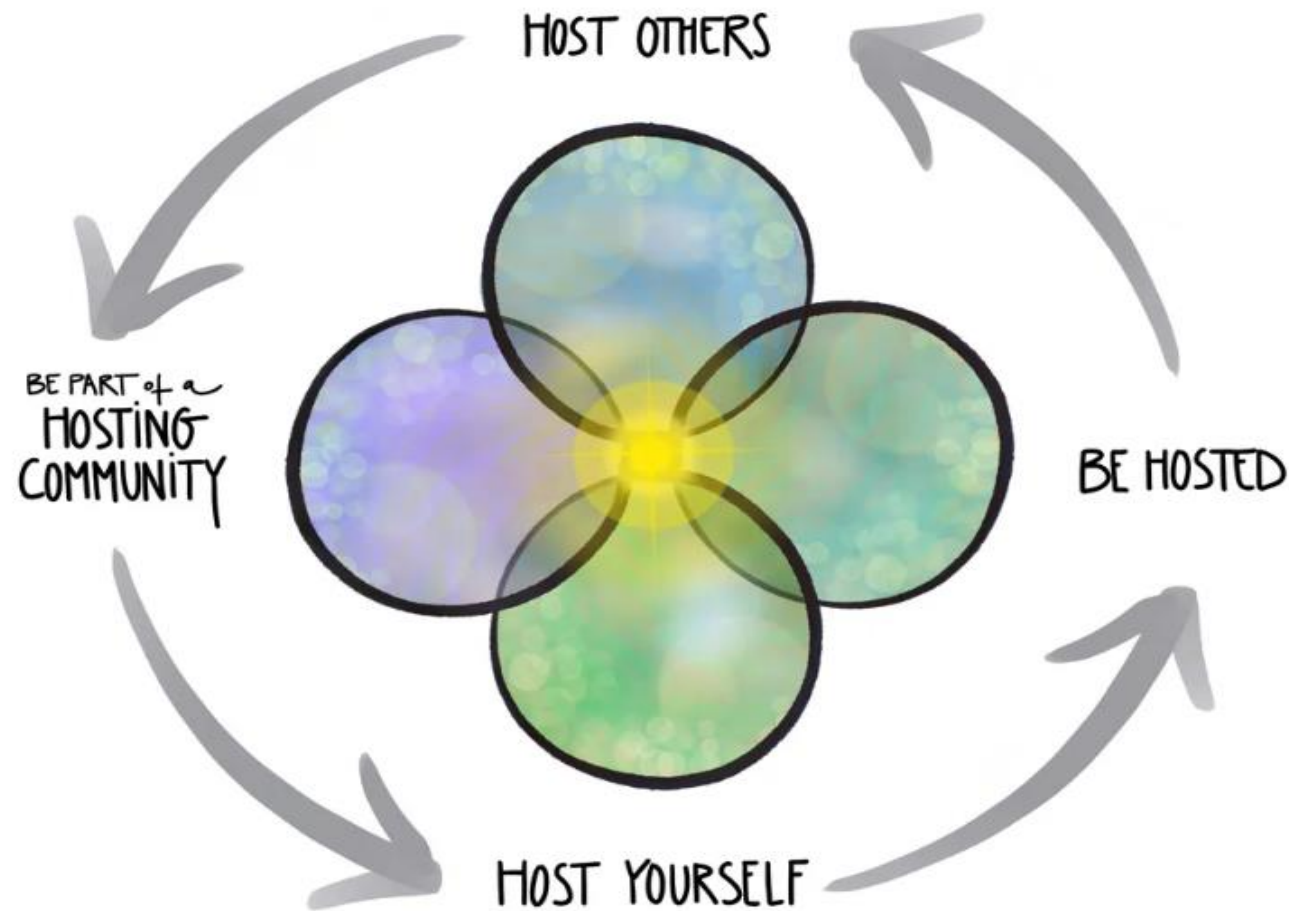


- **Host** – Person who is hosting contributors invited to the World Café
- The roles of the host would mainly be to:
 - clarify the context
 - set up the space
 - explain the process
 - ensure flow of the session
 - facilitate the harvesting stage
 - stay in the background.



WC focus is not on you as host it is on the group as a whole

Hosting – The Fourfold Practice (WCF)



Key World Café Terminology.....



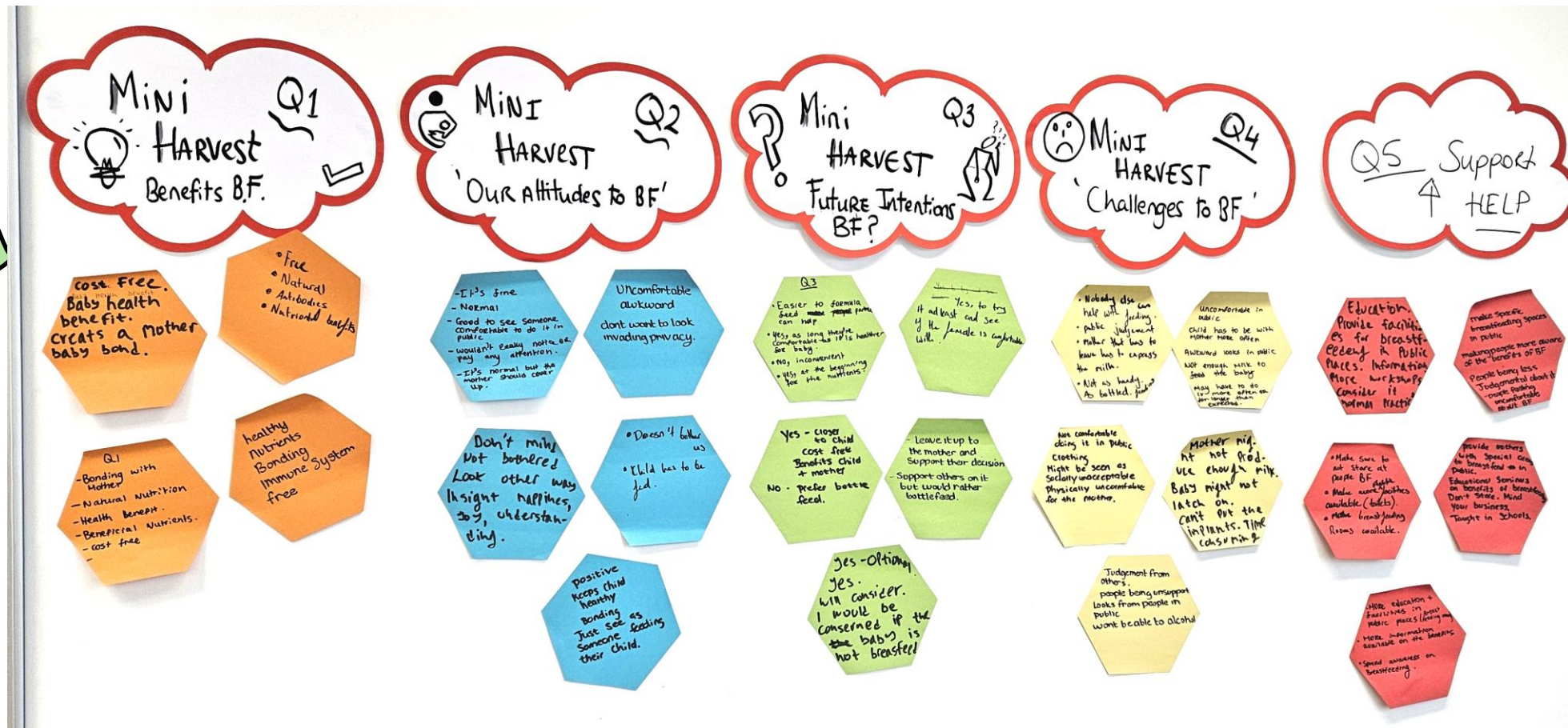
- **Table Host** – Person at each table who helps maintain continuity and depth of conversation
(can also be called a table steward/ table facilitator)
- The roles of the table host would mainly be to:
 - welcome new contributors as they rotate tables
 - maintain continuity
 - foster inclusive conversations
 - capture key ideas for use in harvesting
 - STAYS at the **same table** for entire session



Key World Café Terminology.....

- **Mini Harvests** – What might they look like?
(Collecting what we have discussed after each table round)

Mini harvest after
each table round



Key World Café Terminology.....



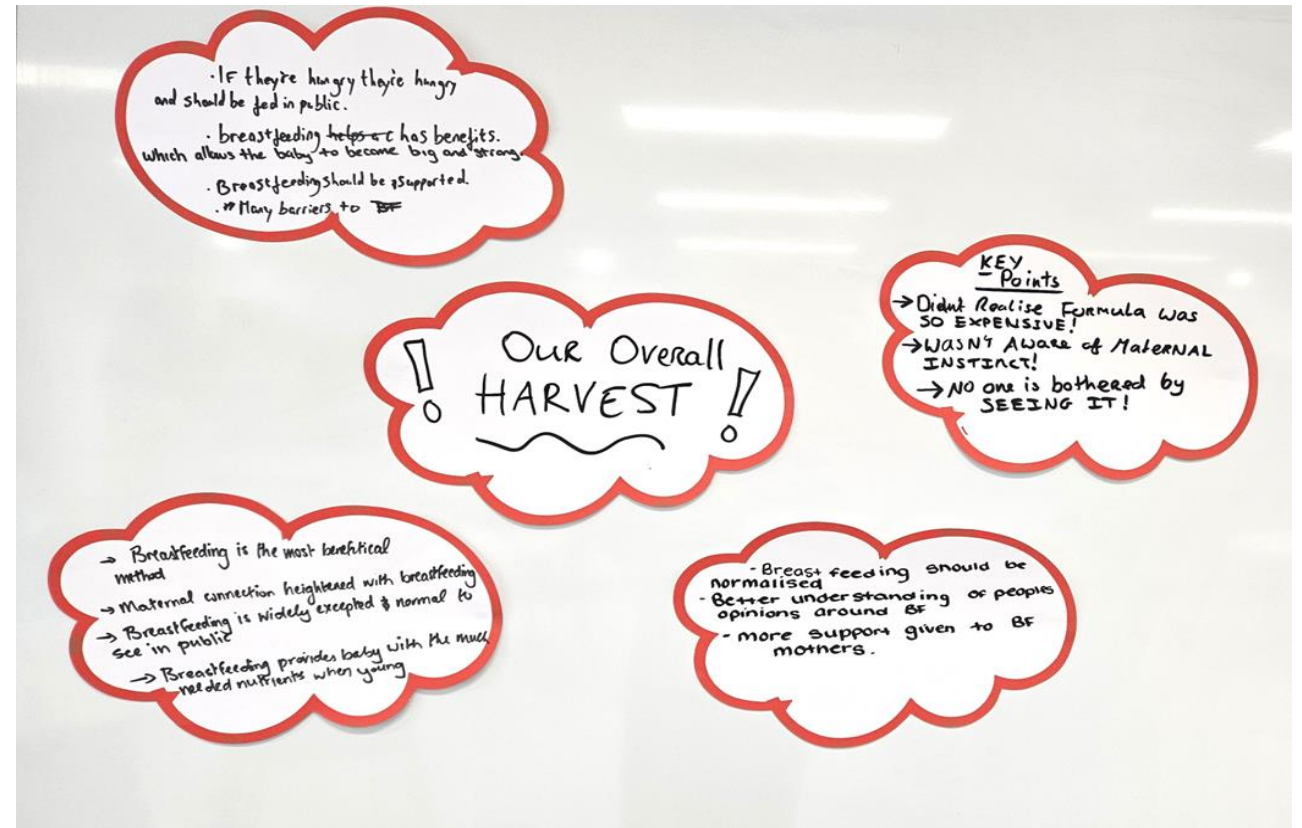
- **Master Harvest** – Overall summary of key knowledge / conversations that have emerged from our WC session

**Master Harvest
overall world
café session**

The Cycle of Harvesting



The Art of Harvesting is a way to bring the Art of Hosting into its fruition.



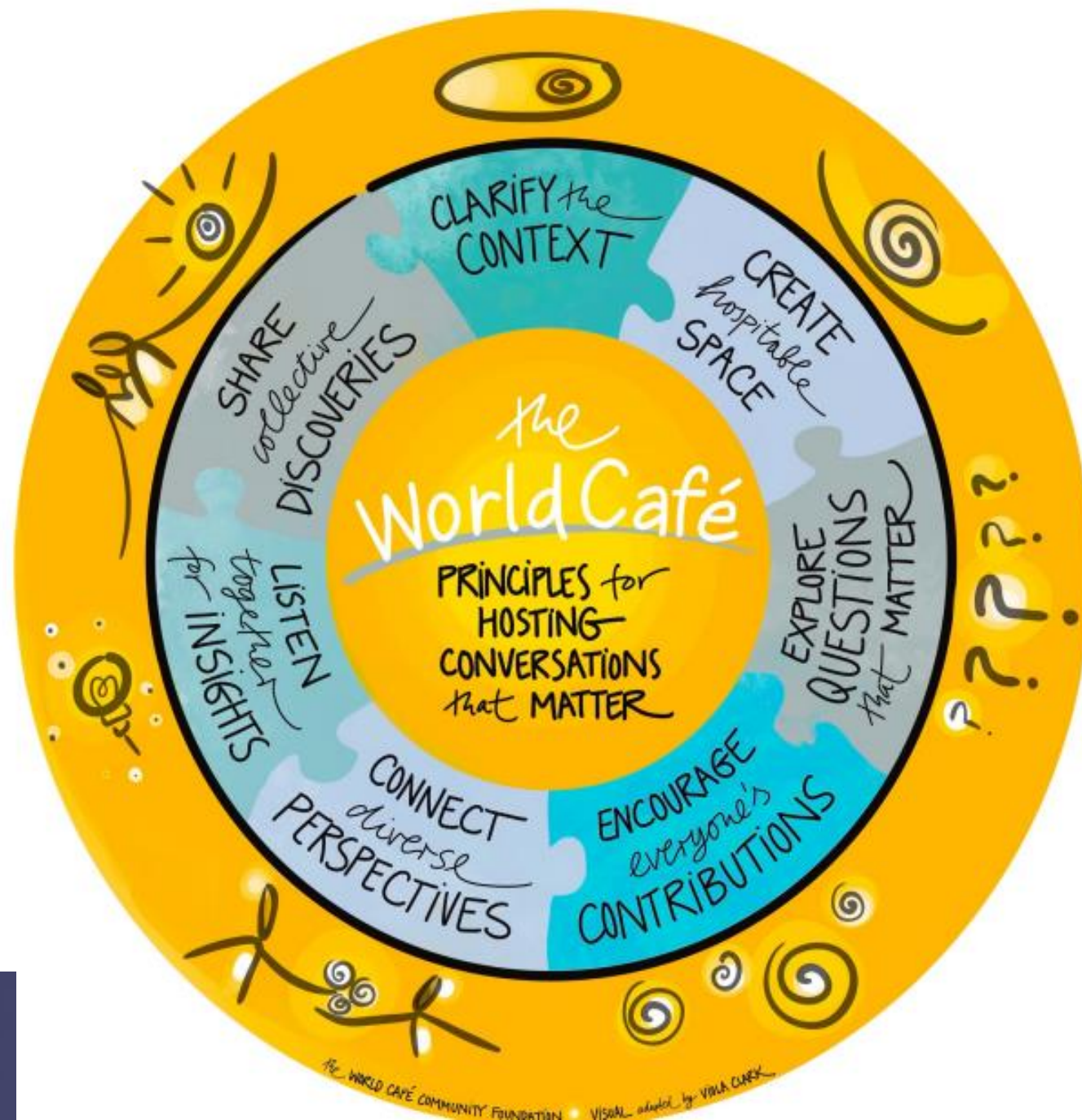
The World Café Design Principles

“These simple principles, when used in combination, provide useful guidance for anyone seeking creative ways to **foster authentic dialogue** in which the goal is thinking together and creating actionable knowledge”

P40, Brown & Isaacs, 2005

The seven World Café design principles, when used in combination, also create a kind of “**conversational greenhouse**,” nurturing the conditions for the rapid propagation of actionable knowledge. (p5, Brown & Isaacs, 2005)





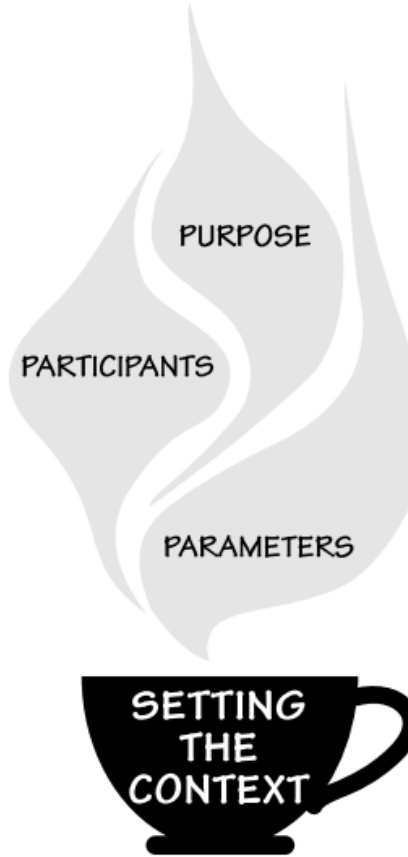
the
WorldCafé™



Principle 1 – Clarify the Context



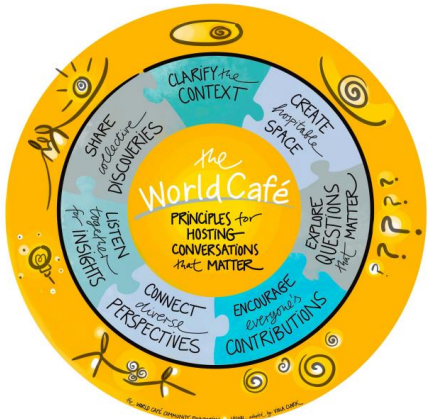
ELEMENTS OF CONTEXT



Context is intentionally creating the flexible boundaries in which the group's collaborative learning unfold

p49, Brown & Isaacs, 2005



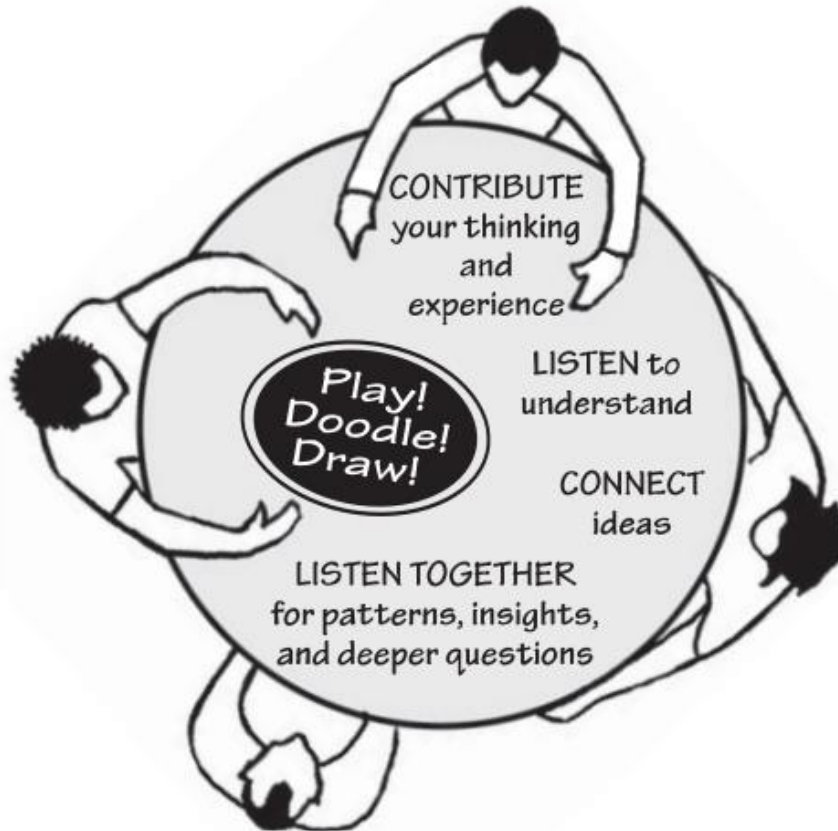


Principle 2 – Create Hospitable Space



CAFE ETIQUETTE

FOCUS
on what matters!

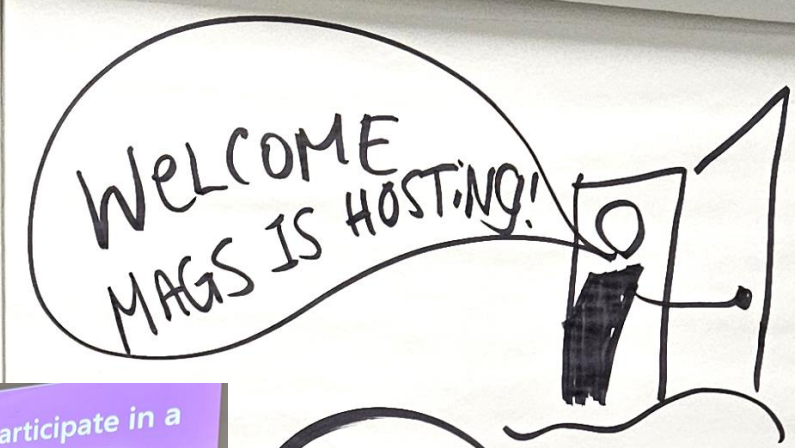
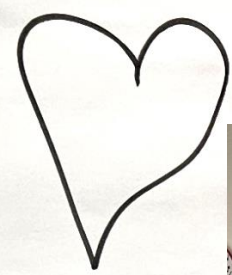


The idea is to create a physical space that enables you to move around in that space, and to create a social space that encourages you to swap and share and help each other.

p64, Brown & Isaacs, 2005



WELCOME
TO
OUR
WORLD
CAFÉ



REFLECT-RESPOND
-Relax-Relief

Principle 2 – Create Hospitable Space



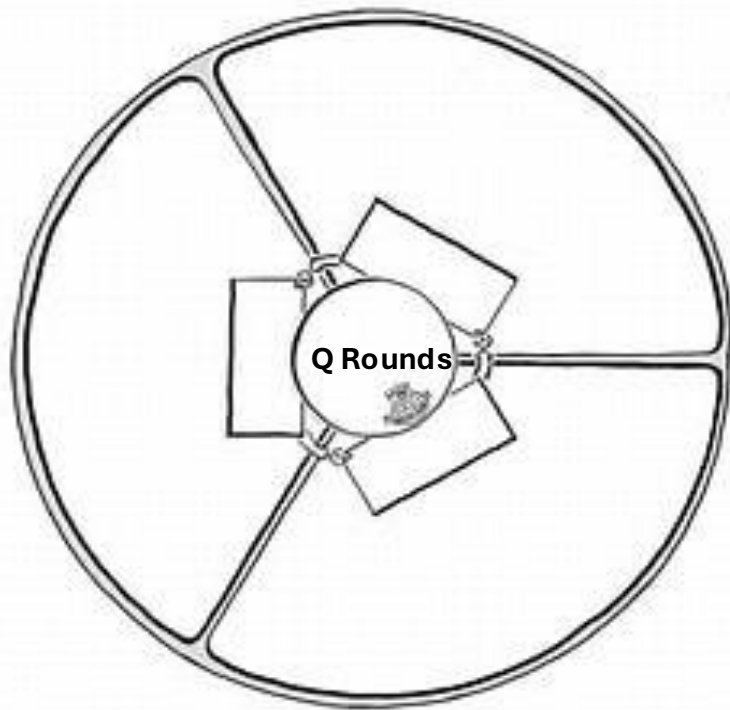
Principle 2 – Create Hospitable Space





Principle 2 – Create Hospitable Space

What if I am hosting digitally?



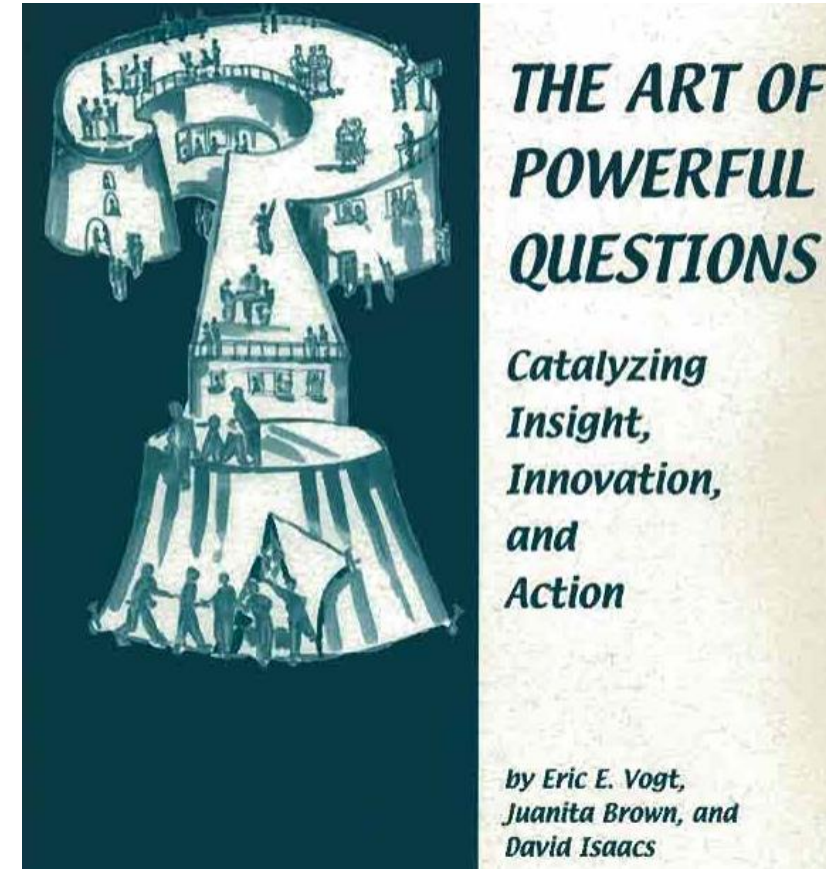
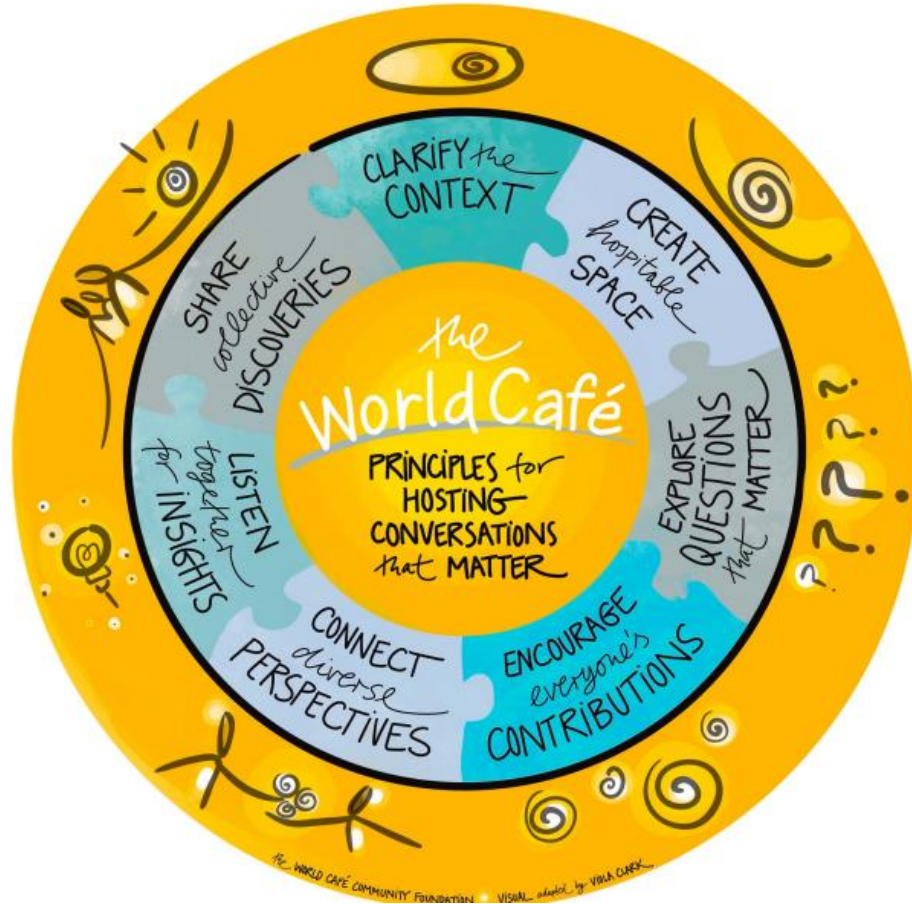
‘Digital Tablecloth’
Live ‘Word’ Document
Use apps e.g., Padlet or Miro



CAFE CONVERSATIONS on STUDENT WELLBEING



Principle 3 – Explore Q's that matter



Vogt, Brown & Isaacs, 2003



Principle 3 – Explore Q's that matter

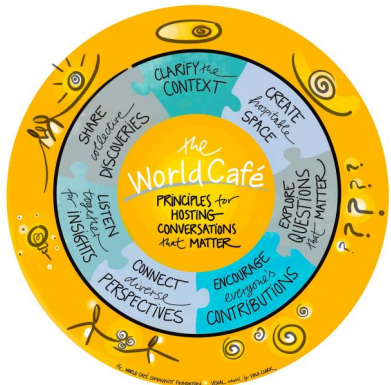


- Creating questions is a seminal part of hosting a world café.
- It is a craft that lasts a lifetime.
- A 'good' question is provocative and lingers in your mind

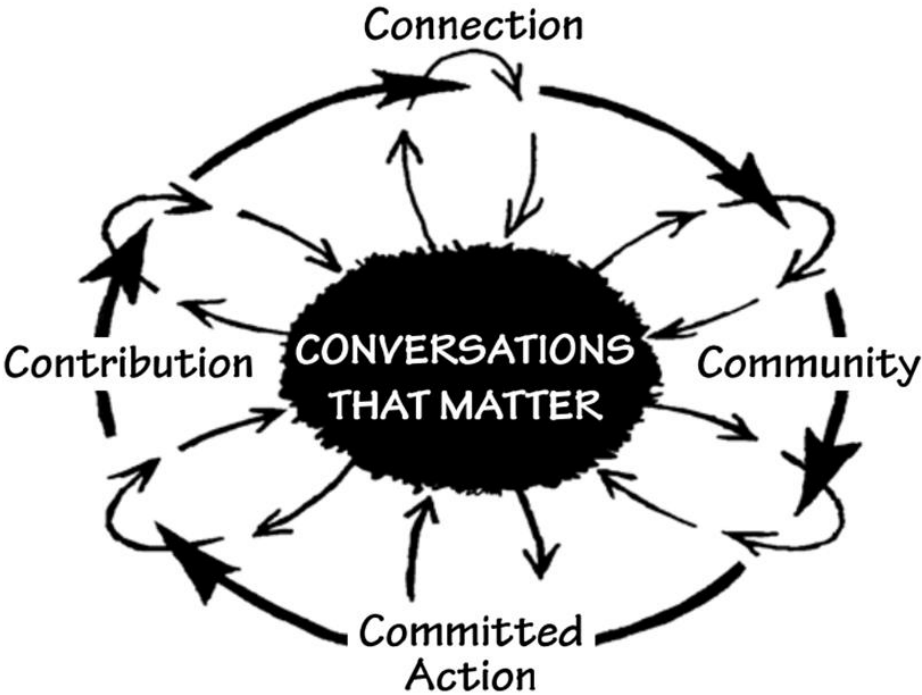
“Speak with intention, listen with attention”

“We are wiser together”





Principle 4 – Encourage everyone's contribution

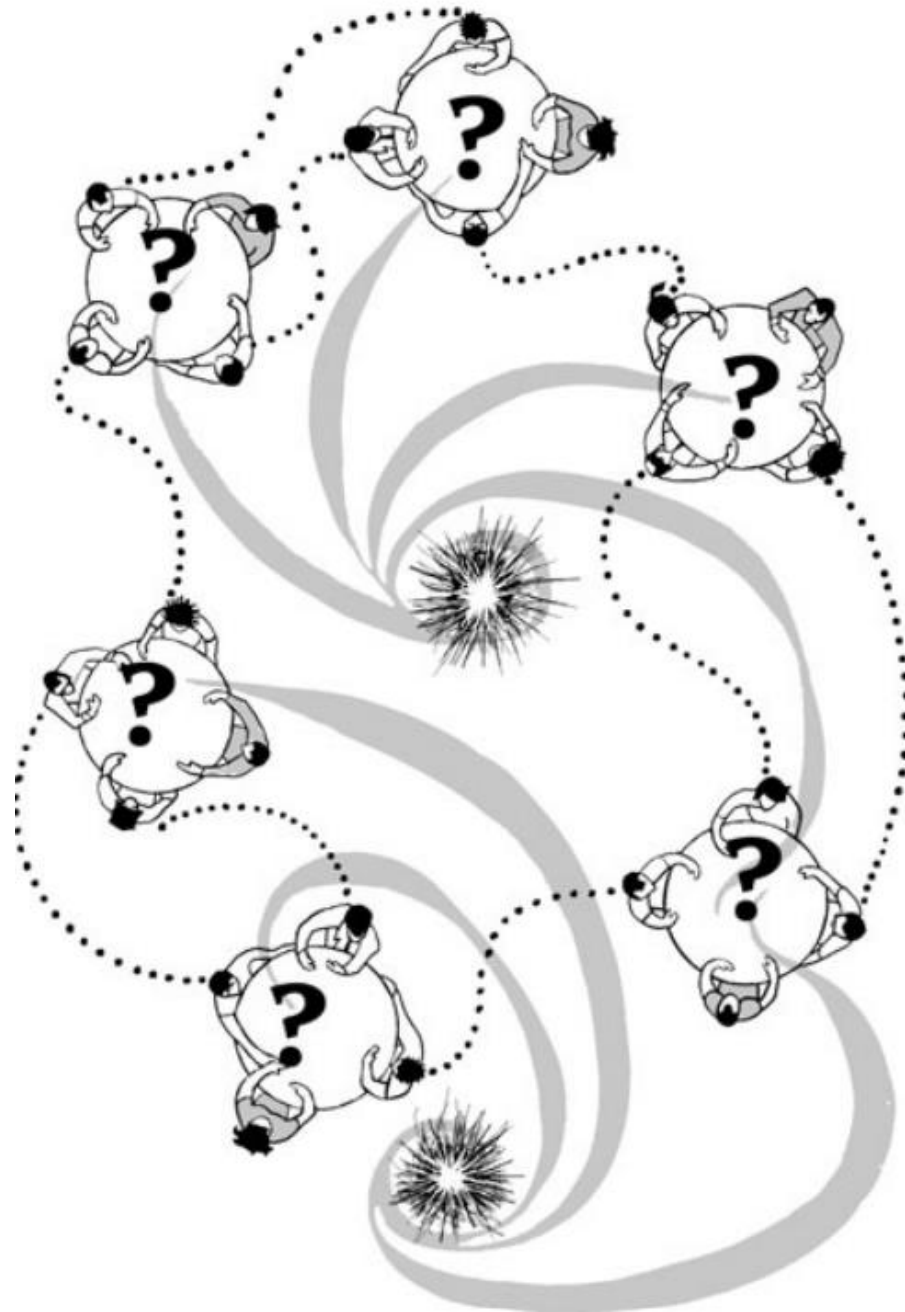


**Contributors
not merely
participants**

Enlivening the Culture of Connection



Principle 5 – Connect Diverse Perspectives



Cross-Pollination



Emergence

**‘The magic in the middle’
Cross pollination of ideas
and conversations**

As people share insights
between tables, the
“magic in the middle” and
a sense of the whole
become more accessible.

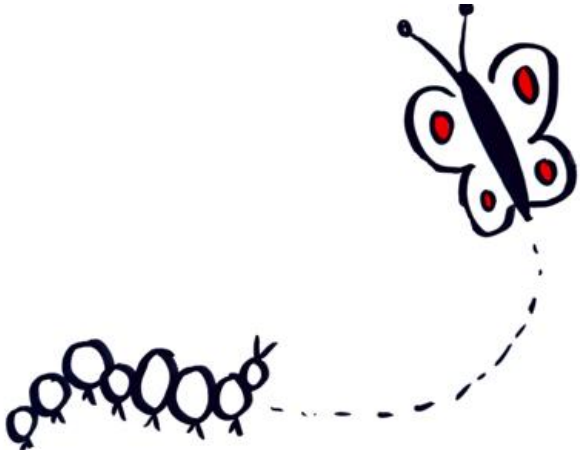




Principle 6 – Listen together for insights



Making
Conversation
Visible



Listening To, Listening With, and Listening For.....





Principle 6 – Listen together for insights



Listening Together

- Listen to understand
- Listen for what is not being said
- Collective listening before we go into the 'master harvest'



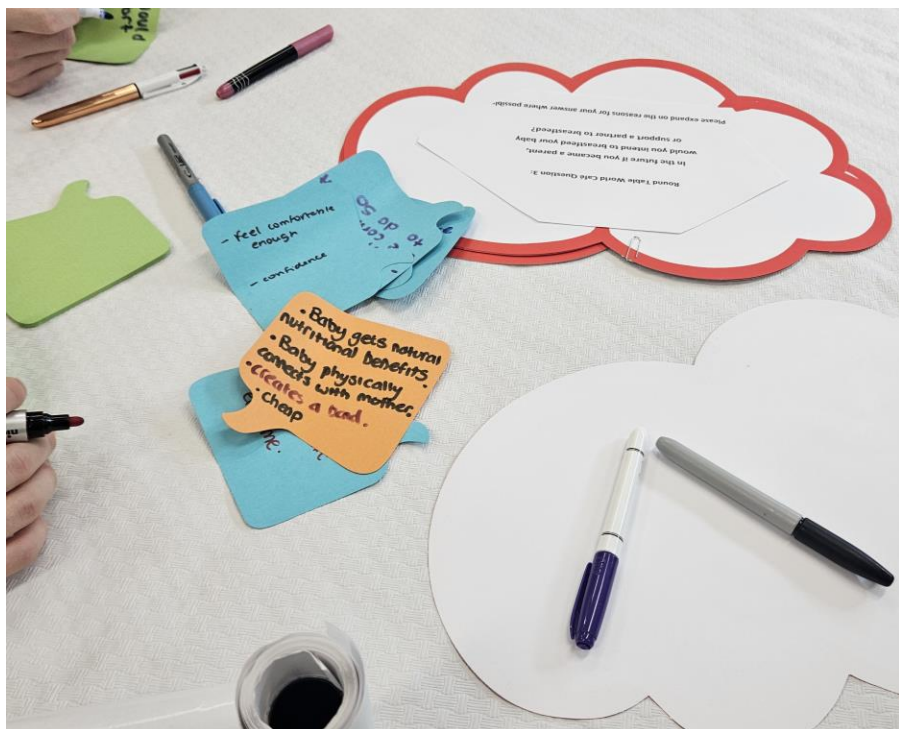


Principle 6 – Listen together for insights



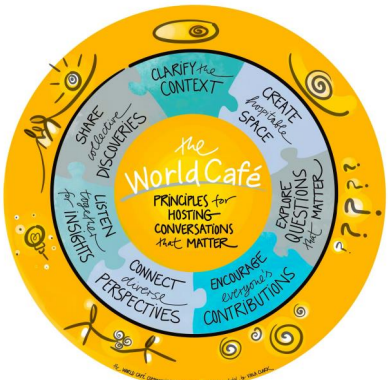
Making conversations visible.....





**Making
conversations
visible**





Principle 7 – Share Collective Discoveries



The Cycle of Harvesting



**Mini Harvests
Master Harvest**

**The Art of Harvesting is a way to bring
the Art of Hosting into its fruition.**





Principle 7 – Share Collective Discoveries



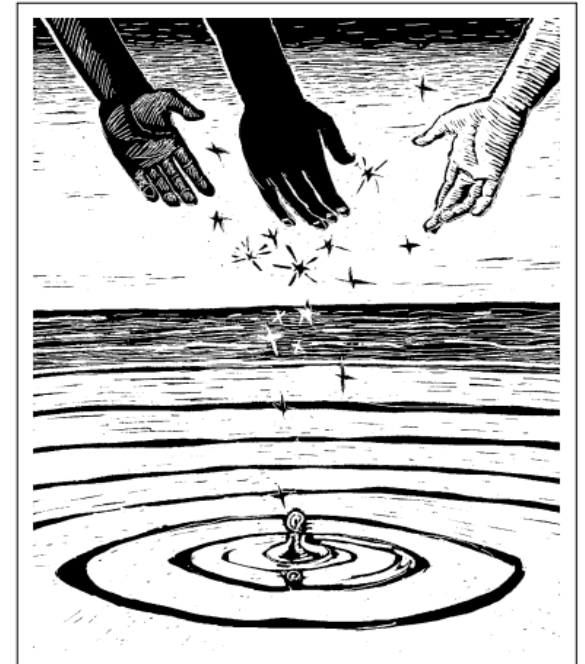
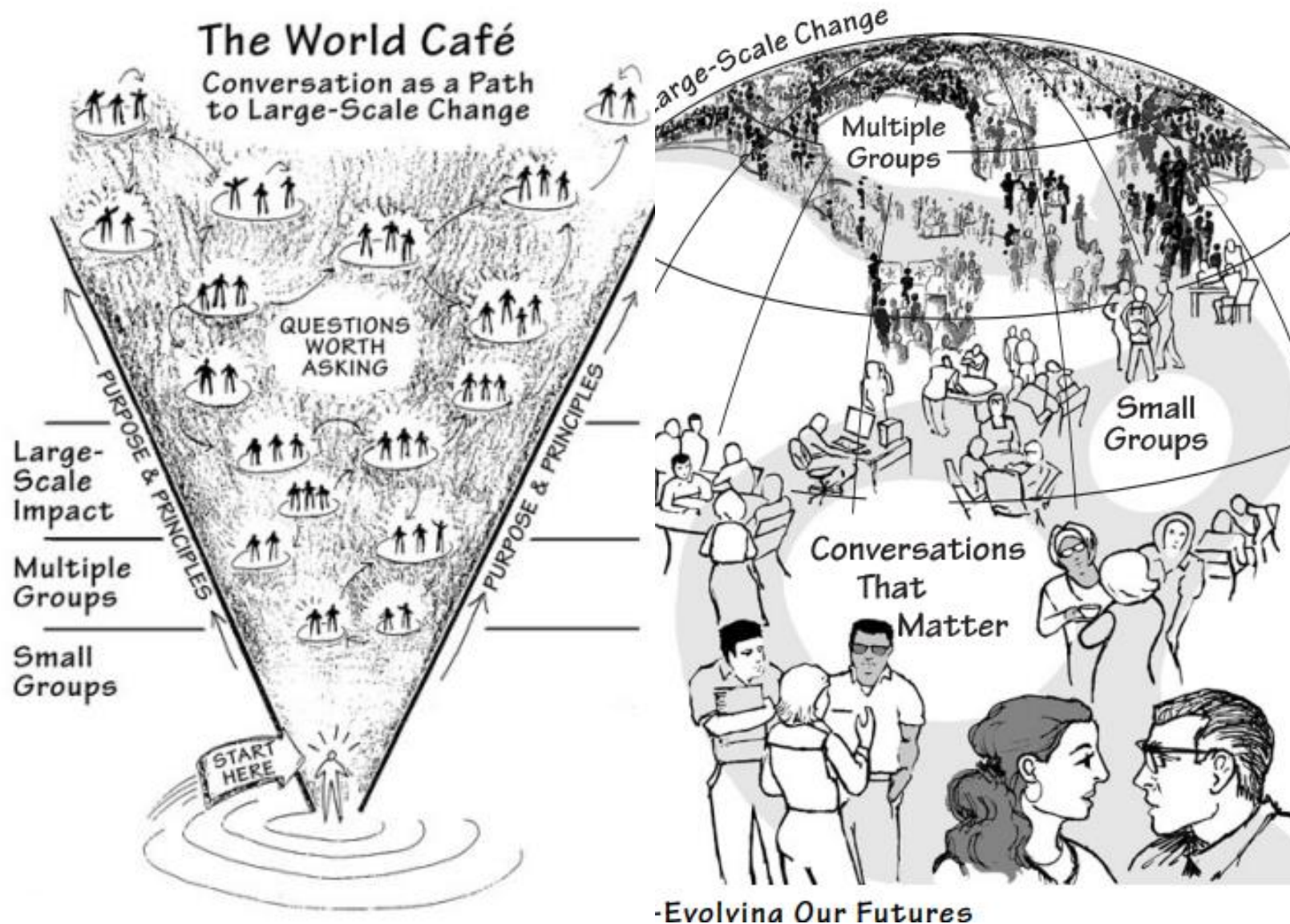
Mini harvest after each question round



Master Harvest overall world café session

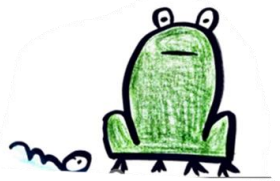


Conversation as a path to change



What if a conversation
began today could ripple out and
create new possibilities?

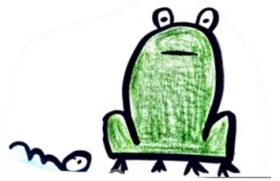
My tips for hosting a World Café



- **Ambiance** is important from room set up to welcoming people
- **Time** allows contributors reach the learning edge - It should not feel 'rushed', ideally 1.5-2 hours
- Ideal number is **4** contributors per table
- All contributors 'discussing' the same Q simultaneously across all tables
- The '**table host**' remains at one table for *entire WC session*



My tips for hosting a World Café

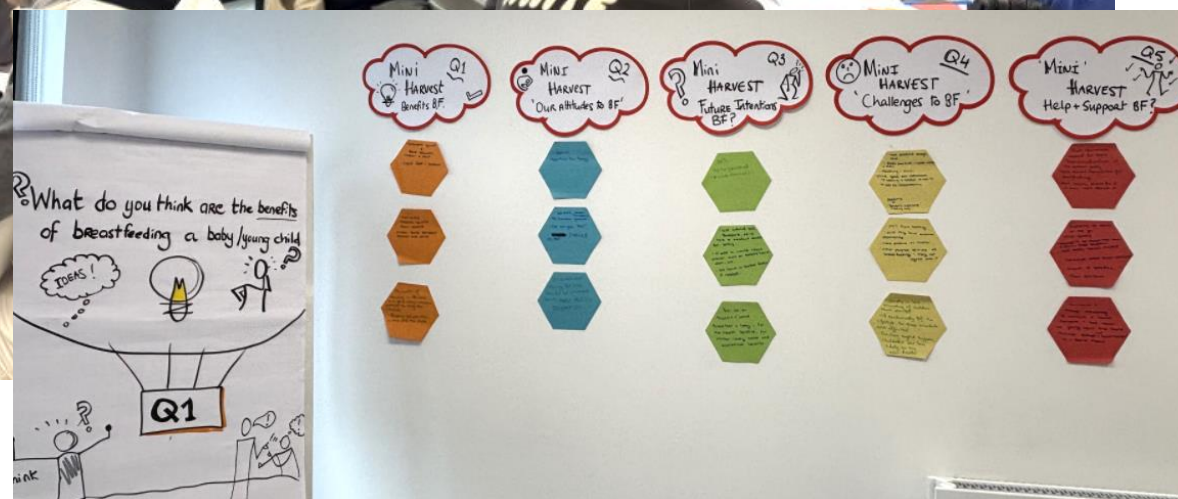


- **Other contributors move** to ‘new tables’ after each ‘table round’
- **Minimum of 12** participants are required to be able to officially call it a World Café
- Each **table round** should last approximately **20 mins** (\approx 15 minutes encourage a mini harvest)
- There needs to be a minimum of **3** question rounds to ensure it is a WC
- Different colour ‘post-its’ work well for each ‘table round’



Tips for hosting a WC

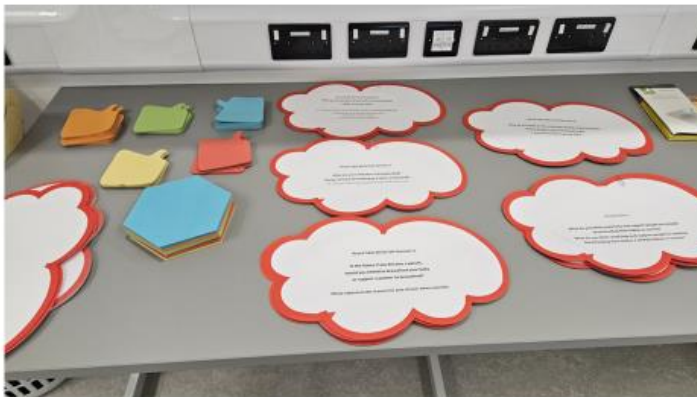
the
WorldCafe™



World Café Series: 7 x World Cafes n=111



Breast Feeding
&
Attitudes /
Awareness ?

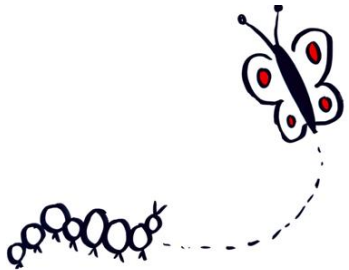




Launch: Age-Friendly University World Cafe Event, 1.30pm Hume Hall



The World Café Web Site and Community of Practice (www.theworldcafe.com)



[Home](#) [About ▼](#) [Research](#) [Impact ▼](#) [Services ▼](#) [Learning Programs](#) [Resources ▼](#) [Community ▼](#) [Blog](#)



World Cafe Method

Drawing on [seven integrated design principles](#), the World Café methodology is a simple, effective, and flexible format for hosting large group dialogue. Each



Completed Hosting Principles course with World Café Foundation over 8-week period



The World Café Foundation & Community of Practice
(check out: www.theworldcafe.com)



World Community Foundation Forum

- Run the signature WC Learning Programme
- Only approved WC Course
- Peer Learning Programme over 8 weeks
- Hosts – Amy Lenzo (USA) and Maria Scordialos (Greece)



To finish I would like to say thank you to....



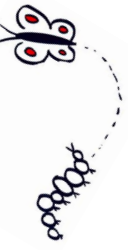
....my colleagues **Dr Niamh Plunkett, Patricia Henry, Louise Feerick & Jamie Lee Furey** in the T&L Centre for supporting my formal training with the World Café Foundation.



....another great colleague **Dr Tamsin Cavaliero** for training me a few years ago in Graphic Facilitation methods, it is so useful in my AT&L practice & with real relevance for WC harvesting.



To finish I would like to say thank you to....



....my wonderful WC training hosts **Amy Lenzo (USA) & Maria Scordialos (Greece)** for providing me with so much guidance on how we can **create conversations that really matter.**



...to my PhD supervisors **Professor Colette Kelly and Professor Saoirse Nic Gabhainn (University of Galway)** for their continued support and for facilitating me to utilise the World Café methodology as a phase within my research on breastfeeding.



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY





Lunch & Learn Session



“Spilling the beans: Using World Cafés as an innovative, engaging tool to 'brew' health in the 3rd level sector”



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Atlantic
Technological
University

Student Affairs Ireland: Developing your Practice Series Session 1

email: margaret.mcloone@atu.ie

