



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



OLLSCOIL NA GAILLIMHE  
UNIVERSITY OF GALWAY



Ollscoil  
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Atlantic  
Technological  
University

**Student Affairs Ireland: Developing your Practice Series Session 1  
Monday 26<sup>th</sup> May 2025**





# Lunch & Learn Session 1

**Margaret Mc Loone,**

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Dept of Health & Nutritional Sciences, Faculty of Science,  
Atlantic Technological University, Ireland

**Prof. Colette Kelly & Prof. Saoirse Nic Gabhainn**

Health Promotion Research Centre,  
University of Galway, Ireland

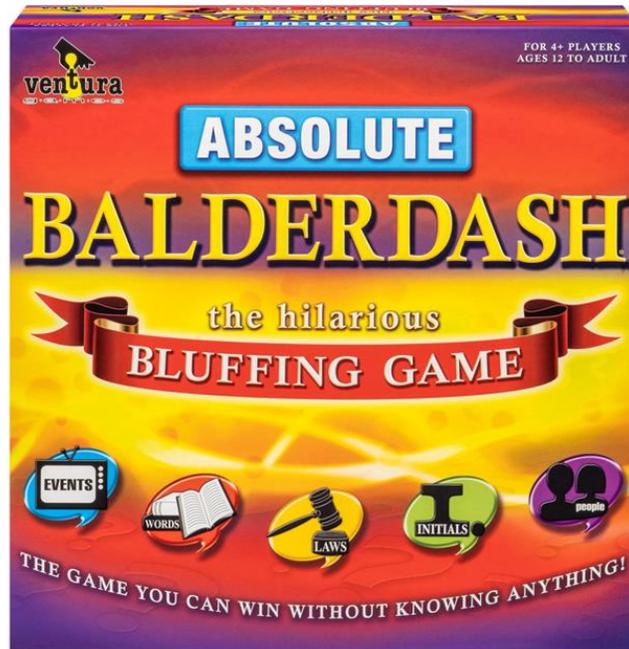




**Can you think about what you like to do in your life, that you enjoy?**



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



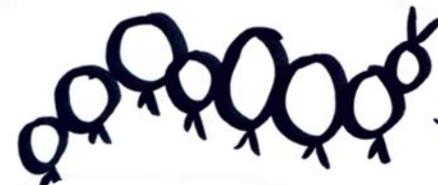
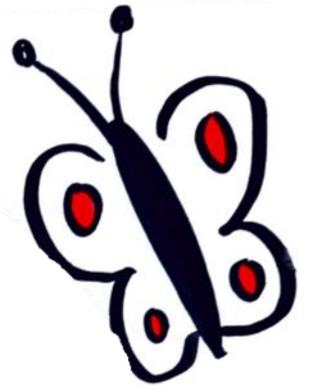
**Can you think about what you like to do in your life, that you enjoy?**



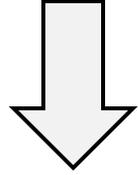
# Conversation

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

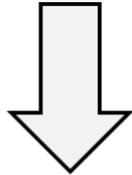
*Richard Moss*



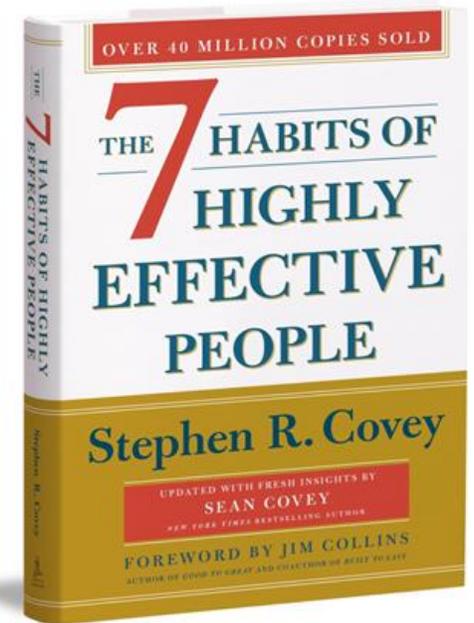
**Conversation is important to capture people's 'voice'**



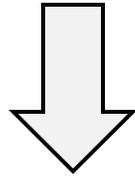
**"listen to understand, *not* to reply"**



*"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<sup>1,2</sup>, Catherine A. Sharp<sup>2,3\*</sup>, Karen Hughes<sup>2,3</sup> and J. Carl. Hughes<sup>1</sup>

*Journal of Pediatric Nursing* 62 (2022) 211–214

Contents lists available at ScienceDirect

Journal of Pediatric Nursing

journal homepage: [www.pediatricnursing.org](http://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<sup>a</sup>  , Leandra Parris<sup>b</sup>, Brandon McDaniel<sup>c</sup>, Gregory Braswell<sup>a</sup>, Corinne Zimmerman<sup>a</sup>

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-Krickau<sup>1</sup>  | Larissa Schneebeli<sup>1</sup> | Jessica Pehlke-Milde<sup>2</sup> | Michael Gemperle<sup>2</sup> | Ramona Koch<sup>2</sup> | Agnes von Wyl<sup>1</sup>

> *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 S<sup>1</sup>, B P Nirmala<sup>1</sup>, N Janardhana<sup>1</sup>, Manoj Kumar Sharma<sup>2</sup>



# What is 'technoference'?

## What is 'phubbing'?

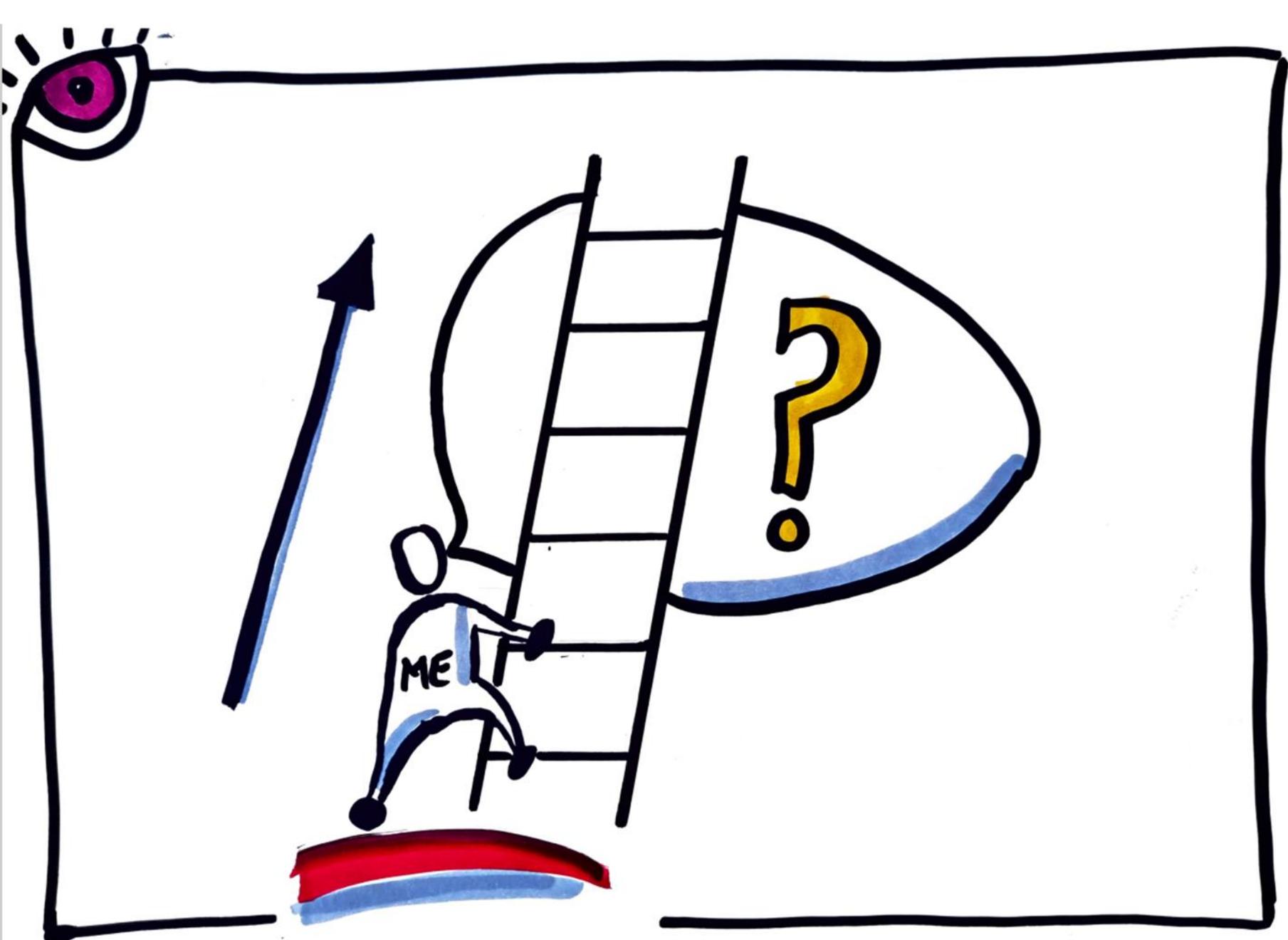


**Technoference** refers to incidents in which technology use interferes with interpersonal exchanges for example conversations and playing.

(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)





**S  
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**TechNOference**

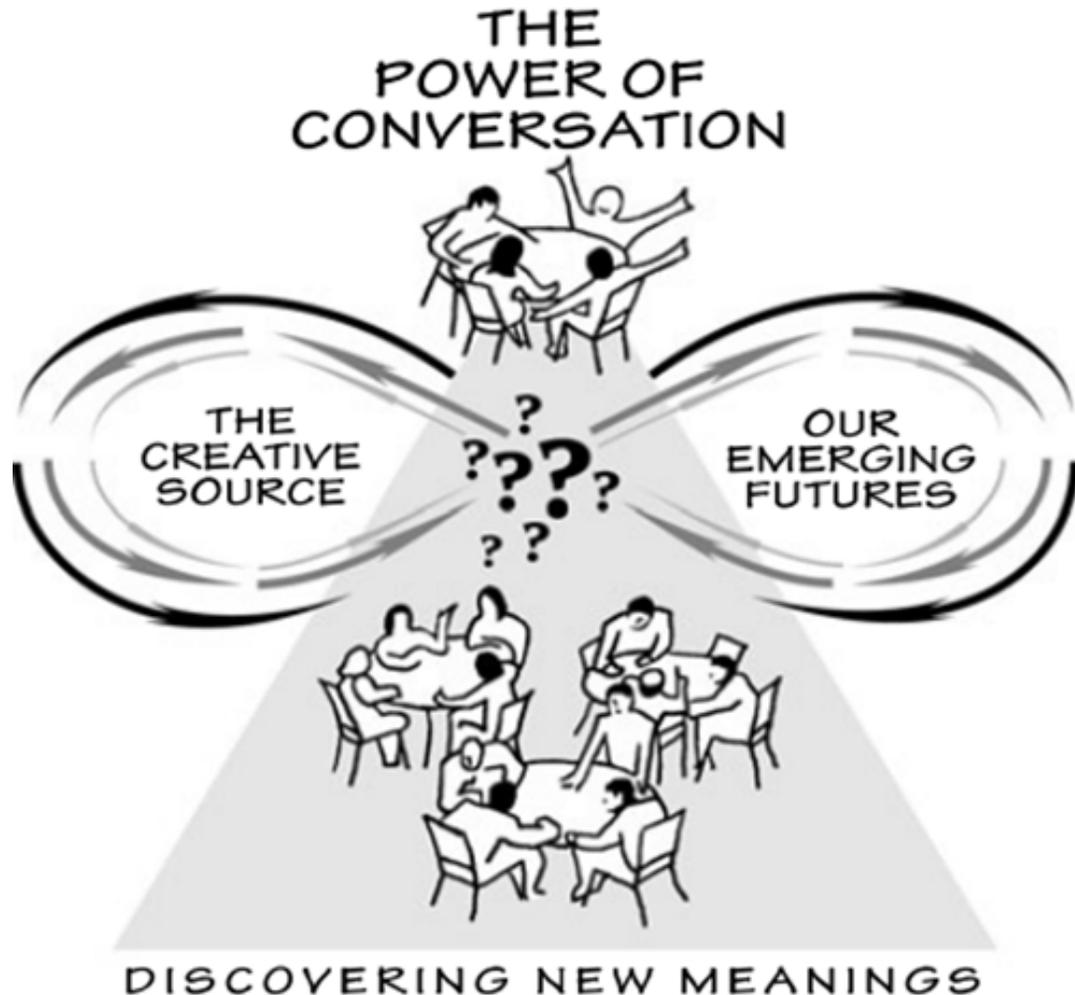
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# The importance of conversation



***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

## The World Café

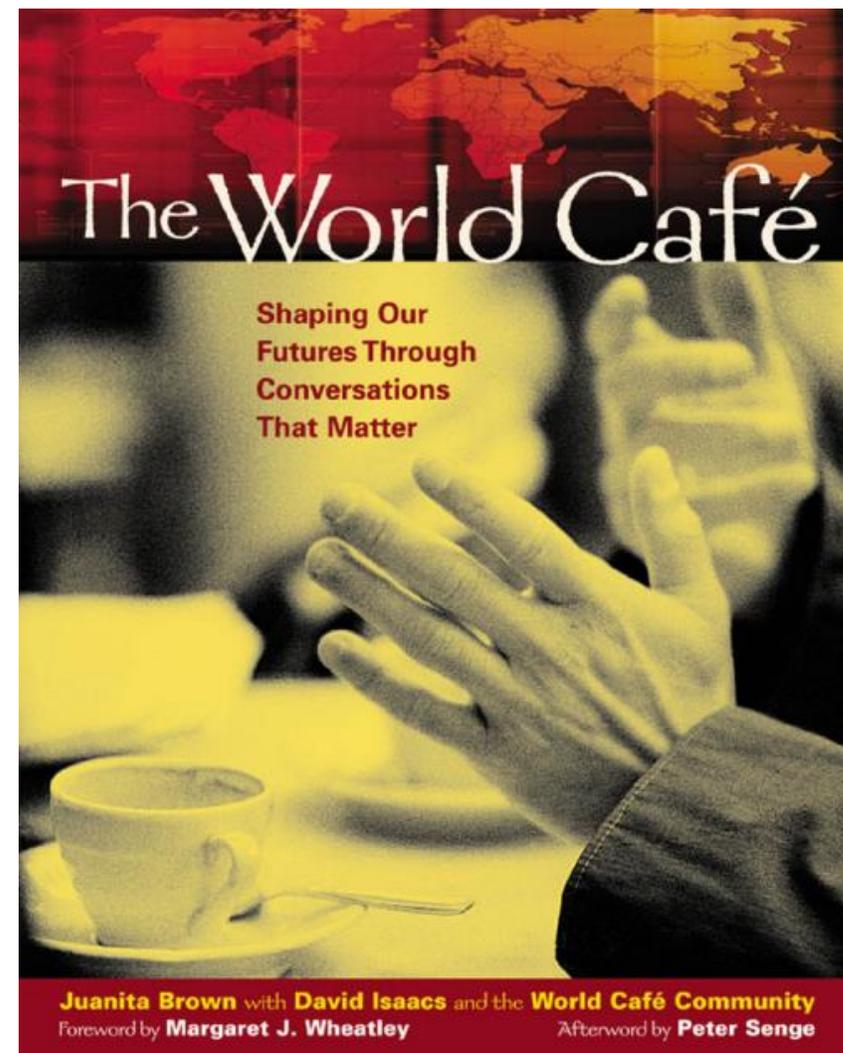
Shaping Our Futures  
Through Conversations  
That Matter

2005

Juanita Brown  
with  
David Isaacs  
and  
The World Café  
Community



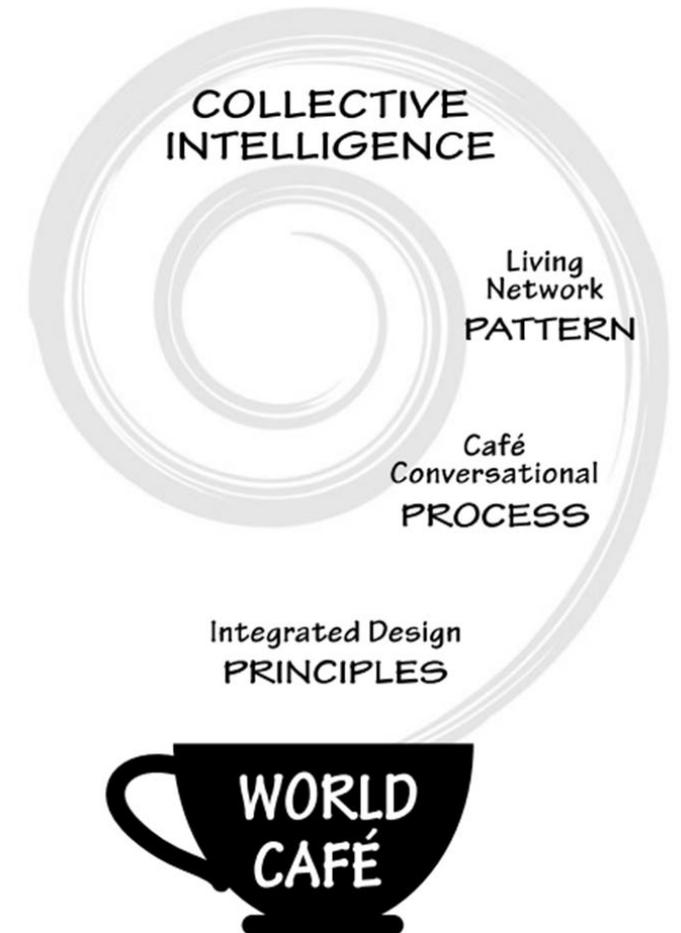
Inception  
1995,



# 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.**

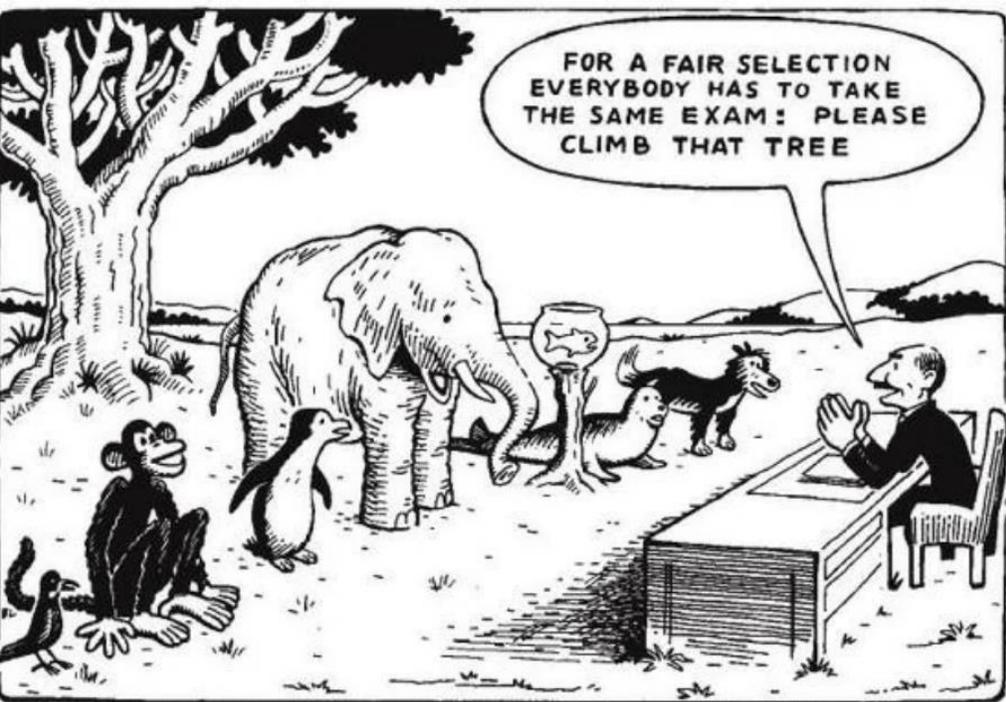
(p ix, Wheatley, Foreward in Brown & Isaacs, 2005)



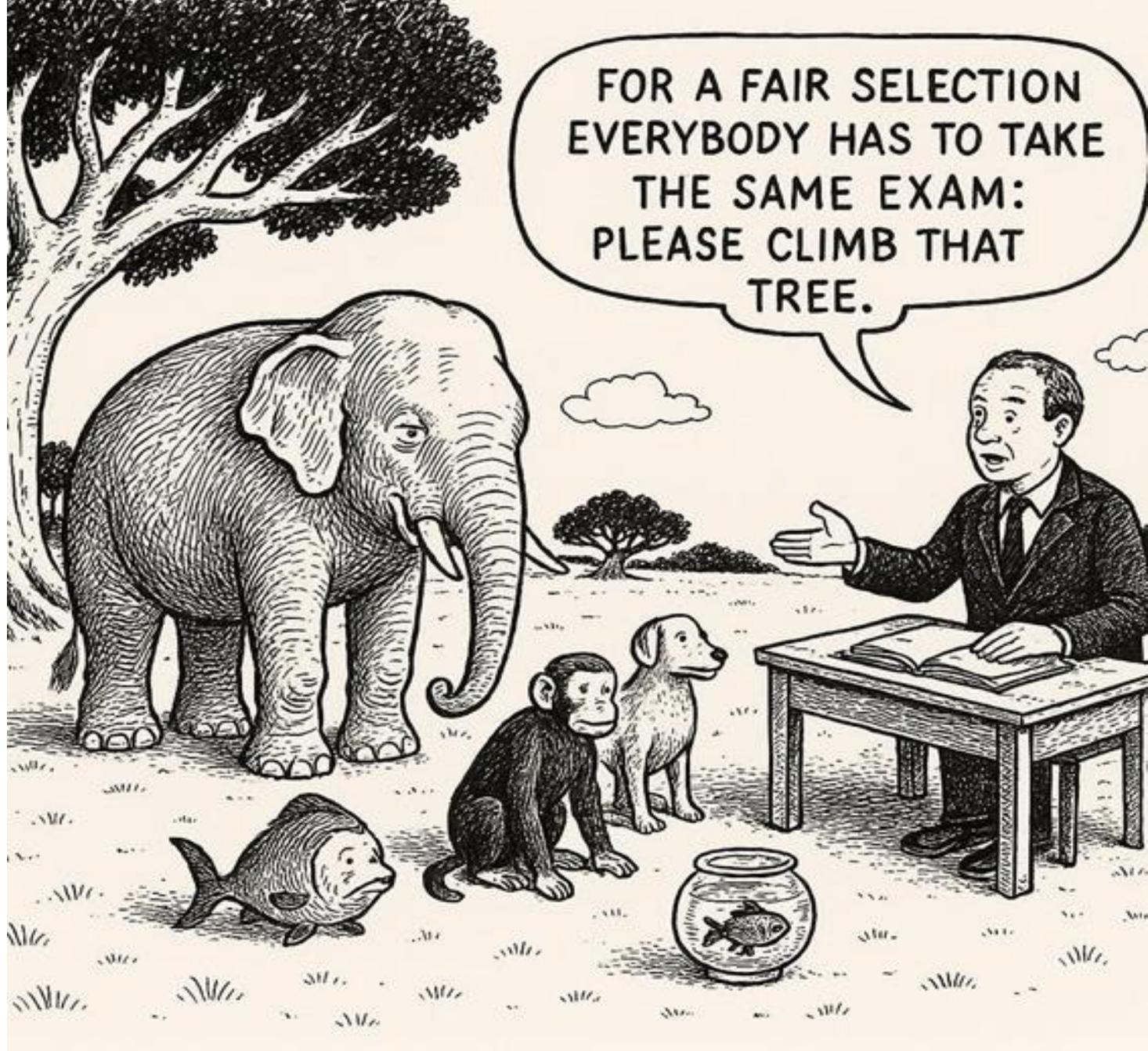
The Universal Design for Learning Guidelines

CAST | Until learning has no limits

<p>Provide multiple means of <b>Engagement</b></p> <p>Affective Networks The "WHY" of Learning</p>	<p>Provide multiple means of <b>Representation</b></p> <p>Recognition Networks The "WHAT" of Learning</p>	<p>Provide multiple means of <b>Action &amp; Expression</b></p> <p>Strategic Networks The "HOW" of Learning</p>
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Traxler, 1976



(Linton, 2000) – New Zealand Herald

# What could a World Café be used for?

Visioning/  
Strategic  
Planning

Innovation

Community  
Engagement

Team Building

Creative  
Civic  
Dialogue

Virtual  
Collaboration



Policy  
Development

Research

Blue-sky  
thinking

Conflict  
Resolution

Teaching &  
Learning

Situational  
Analysis

# What might a World Café look like in practice?



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

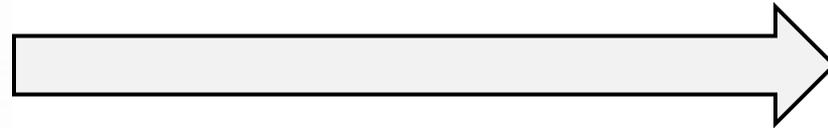


# What is the difference between a World Café Session and a Focus Group?

Differences	Focus Group	V's	World Café
<b>Engagement</b>	Facilitator led discussion, structured and question driven		Peer to peer dialogue within groups assisted by table host. Lightly facilitated and open
<b>Output</b>	Transcripts / recordings, qualitative text driven data		Collective intelligence, patterns, mini harvests, harvest, visual harvests, table clothes
<b>Group Size</b>	8-12 formal or semi-formal		Mini 12 – larger groups 100+ Café style ambiance multiple round tables
<b>Format</b>	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
<b>Personnel</b>	Facilitator – Participants Facilitator role is central – direct Q’s		Host – Table Host – Contributors Host is in the ‘background’ ensures flow of event
<b>Roles</b>	Participants providing feedback		Contributors - co-creators of knowledge & ideas
<b>Time</b>	≈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 3<sup>rd</sup> level sector

**“The magic in the middle.”**



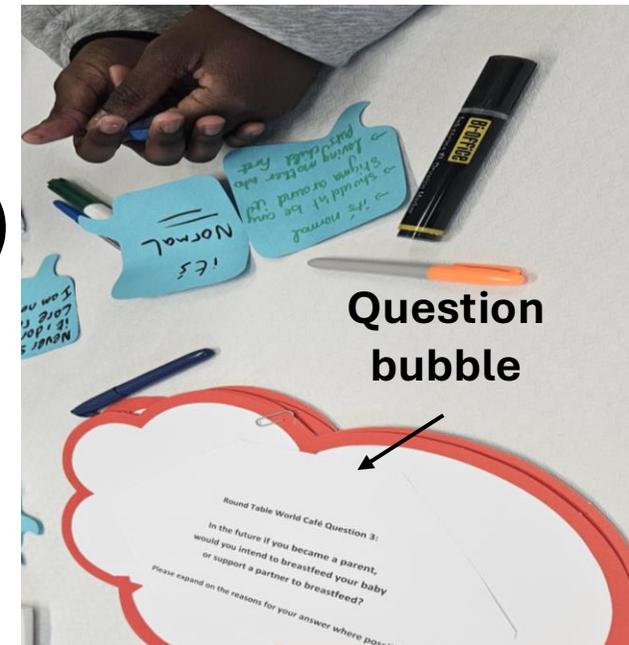
**Conversations That Matter**



# 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)



Question bubble

# Key World Café Terminology.....

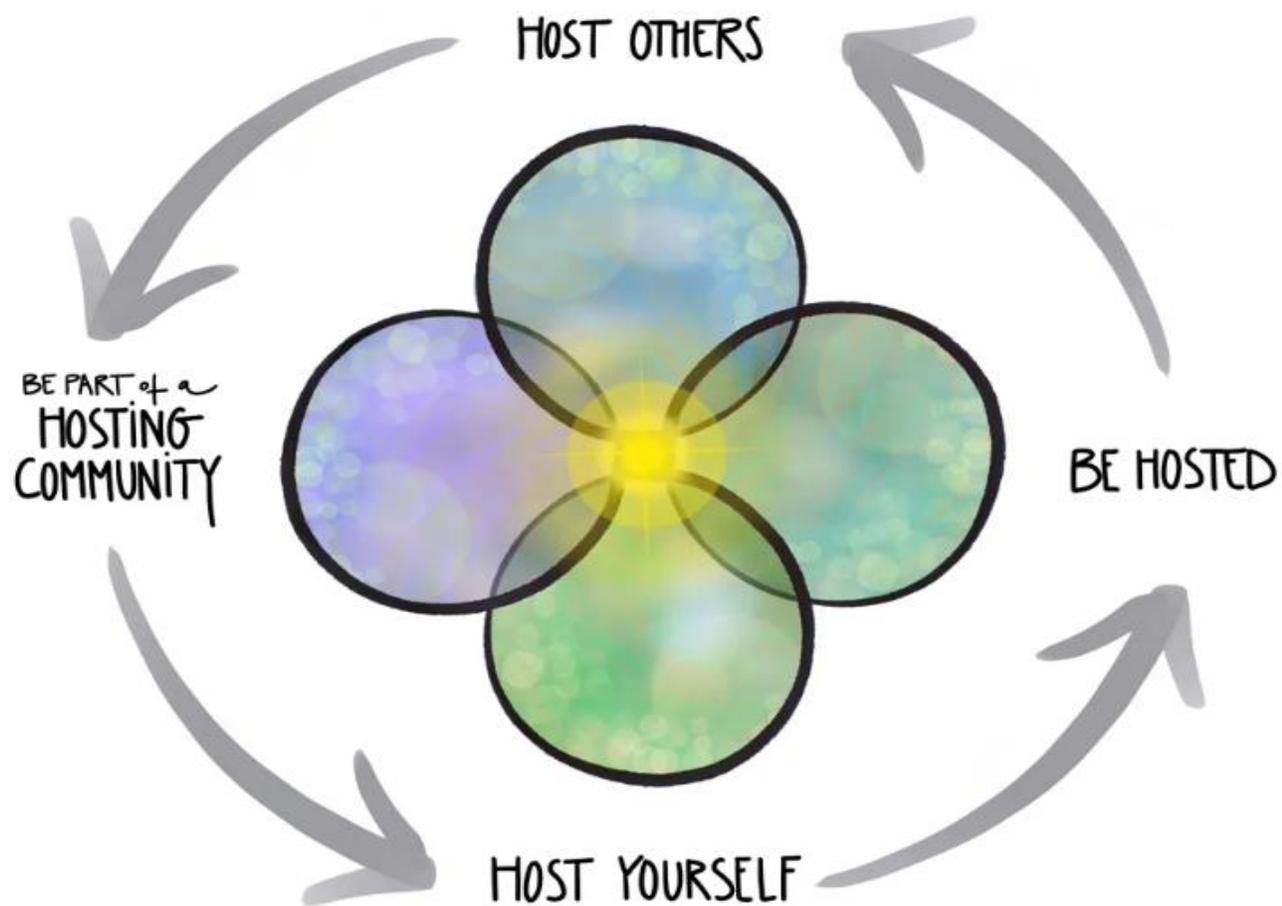


- **Host** – Person who is hosting contributors invited to the World Café
- The roles of the host would mainly be to:
  - clarify the context
  - set up the space
  - explain the process
  - ensure flow of the session
  - facilitate the harvesting stage
  - stay in the background.



**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

**Q1 Mini Harvest Benefits B.F.**

- Cost Free. Baby health benefit. creates a mother baby bond.
- Free
  - Natural
  - Antibodies
  - Natural bulks
- Q1
  - Bonding with Mother
  - Natural nutrition
  - Health benefit
  - Beneficial nutrients
  - cost free
- healthy Nutrients Bonding Immune System free

**Q2 MINI HARVEST 'Our Attitudes to B.F.'**

- It's fine
  - Normal
  - Good to see someone comfortable to do it in public
  - wouldn't easily notice or pay any attention
  - It's normal but the mother should cover up.
- Uncomfortable awkward don't want to look invading privacy.
- Don't mind Not bothered! Look other way! Insight nappies, so, understanding.
- Doesn't bother us
  - Child has to be fed.
- Positive keeps child healthy Bonding Just see as someone feeding their child.

**Q3 Mini HARVEST Future Intentions B.F.?**

- Q3
  - Easier to formula feed than breast feed can help
  - Yes, as long as they're comfortable as if it's healthier for baby
  - No, inconsistent
  - Yes, as the beginning for the mother's
- Yes to try if at least can see if the female is comfortable
- Yes - closer to child cost free Benefits child + mother No - prefer bottle feed.
- Leave it up to the mother and support their decision - Support others on it but would rather bottle feed.
- Yes - Option! Yes. I will consider. I would be concerned if the baby is not breastfed

**Q4 MINI HARVEST 'Challenges to B.F.'**

- Nobody else can help with feeding.
  - public judgement
  - mother had to be with baby has to express the milk.
  - Not as handy as bottled feeds
- Uncomfortable in public
  - child has to be with mother more often
  - Awkward looks in public NOT enough milk to feed the baby
  - may have to do 10 more often in 10 times than formula
- Not comfortable doing it in public clothing might be seen as socially unacceptable physically uncomfortable for the mother.
- Mother might not produce enough milk. Baby might not latch on. can't out the implants. think consuming?
- Judgement from others, people being unsupportive looks from people in public want be able to alcohol

**Q5 Support HELP**

- Education. Provide facilities for breastfeeding in public places. Information. More workshops. Consider it normal practice.
- Public spaces breastfeeding spaces in public
- Make people more aware of the benefits of BF
- People being less judgemental about it
- more people more aware of the benefits of BF
- provide mothers with special care to breastfeed in public
- Educational Seminars on benefits of breastfeeding. Don't shame. Mind Your business. Taught in schools.
- Make sure to not stare at people BF
- Make more facilities available (locks).
- Make breastfeeding rooms available.
- More education + facilities in public places (having more information available on the benefits)
- Special awareness on breastfeeding.

# Key World Café Terminology.....



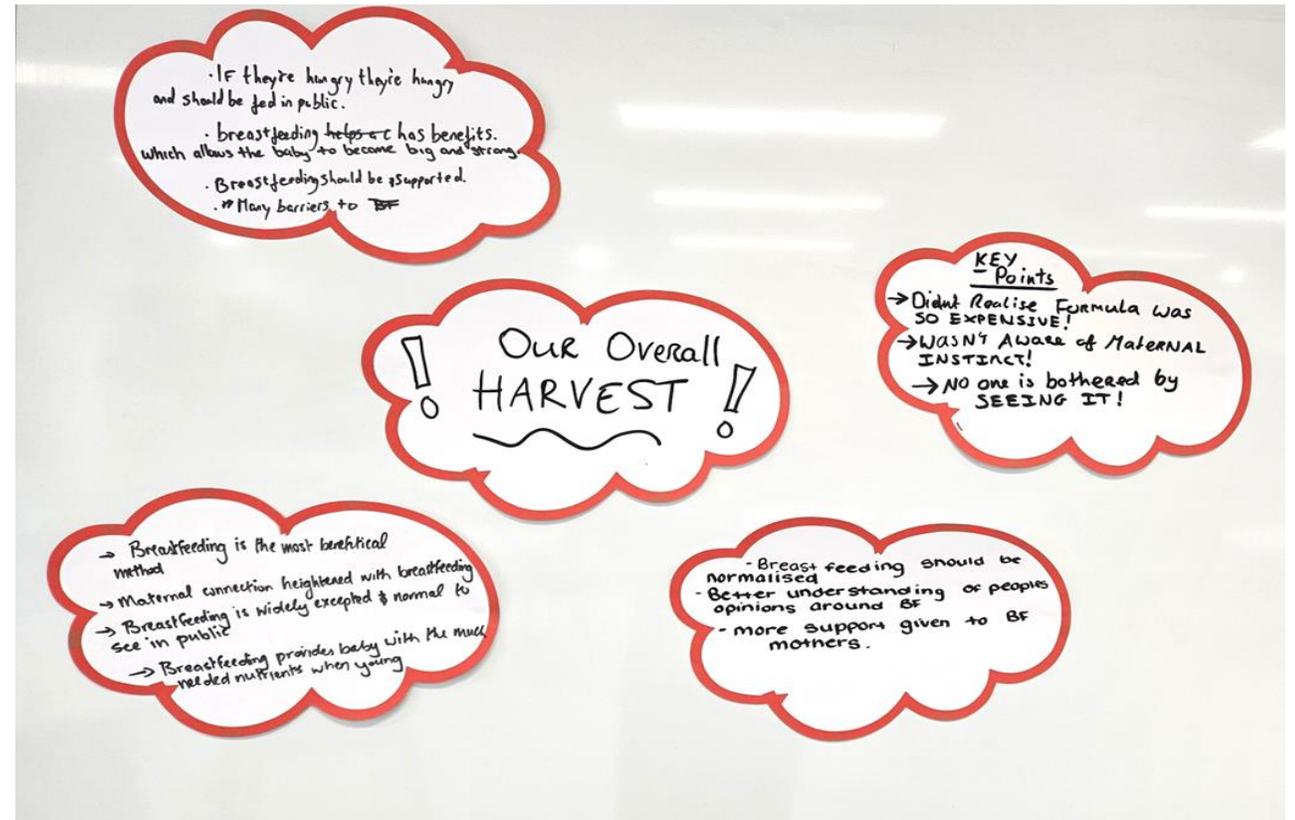
- **Master Harvest** – Overall summary of key knowledge / conversations that have emerged from our WC session

**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.



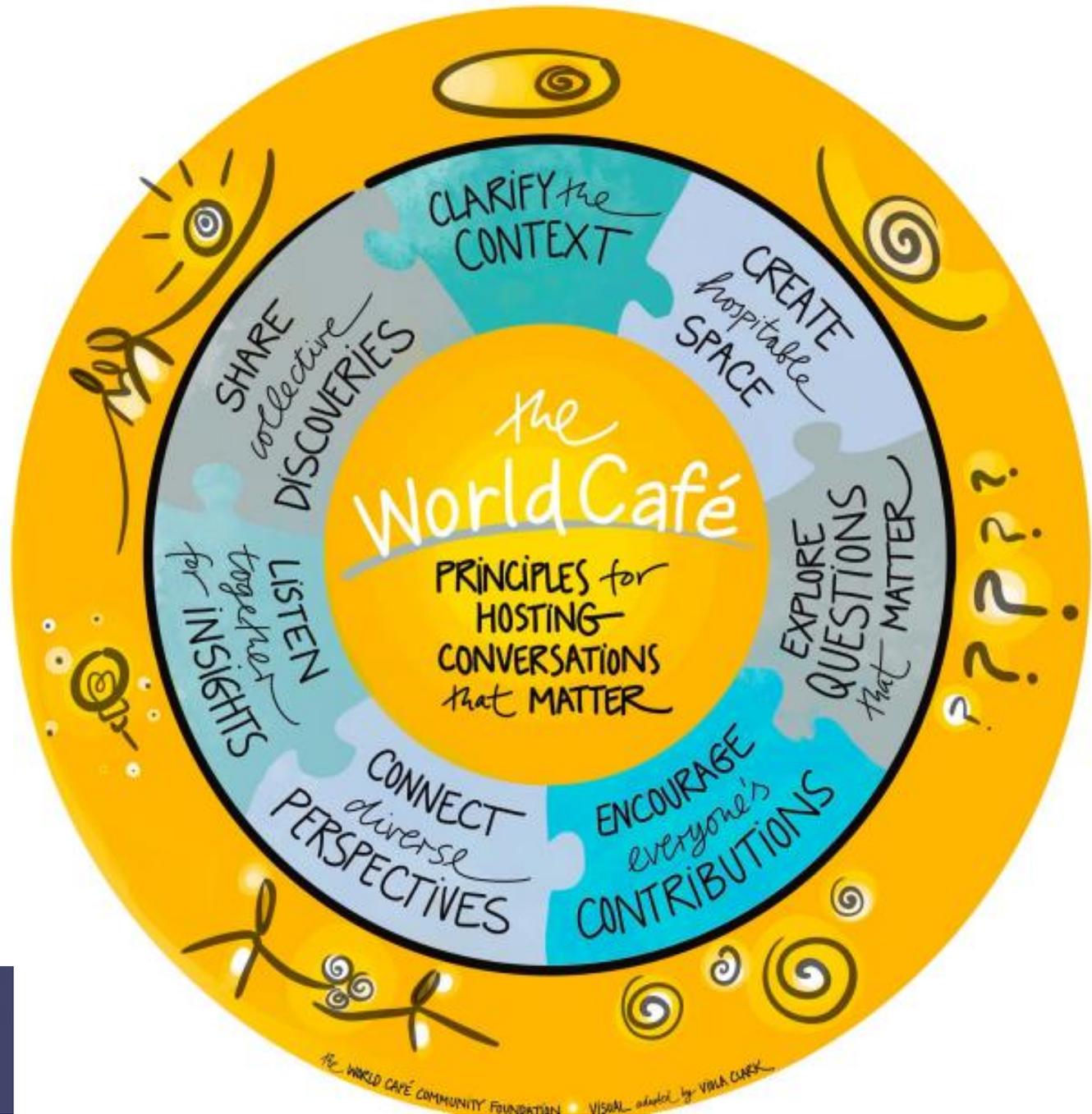
# The World Café Design Principles

“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)



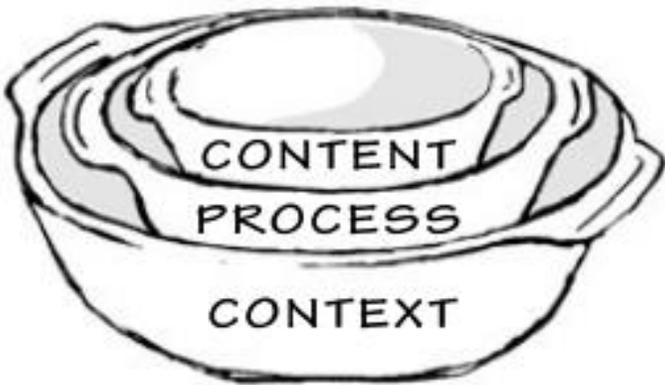


THE WORLD CAFÉ COMMUNITY FOUNDATION • VISION - adapted by VOILA CHERRY

# Principle 1 – Clarify the Context



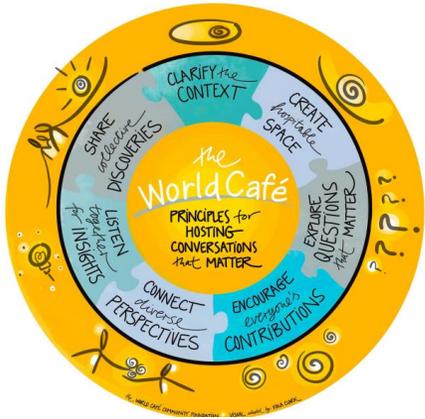
## ELEMENTS OF CONTEXT



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

p49, Brown & Isaacs, 2005



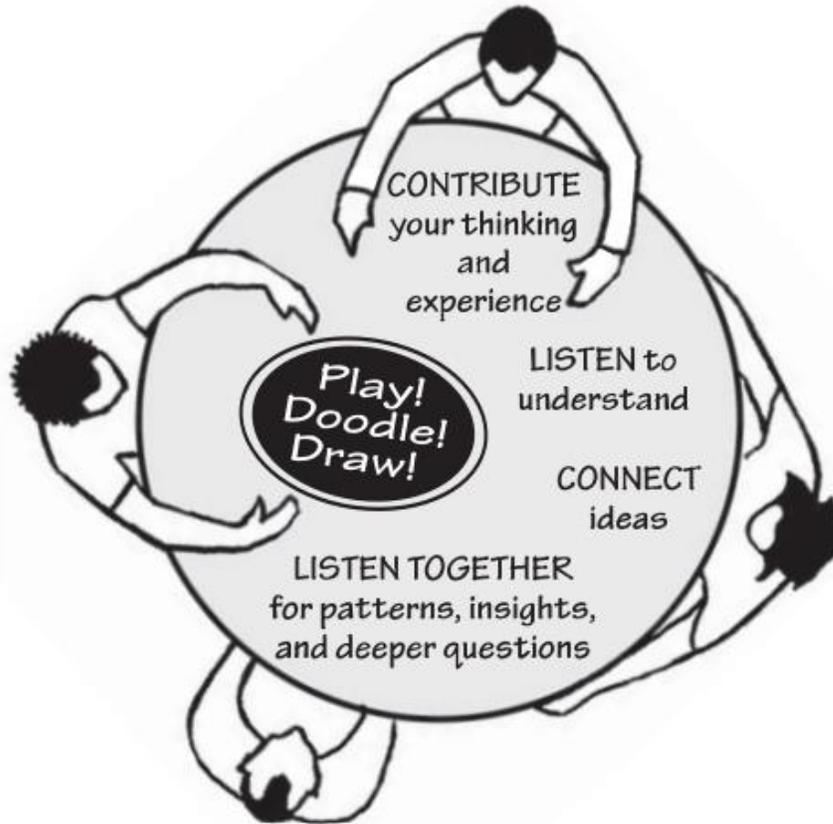


# Principle 2 – Create Hospitable Space



## CAFE ETIQUETTE

FOCUS  
on what matters!



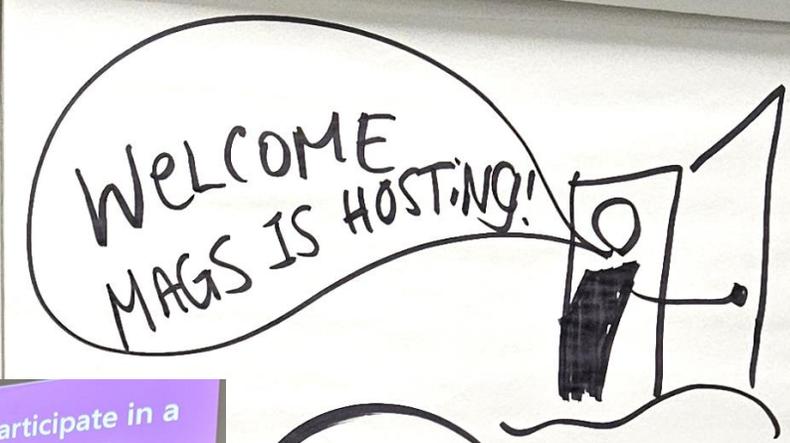
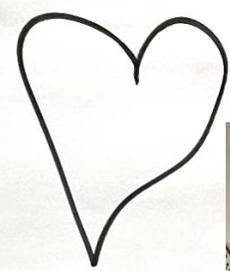
The idea is to create a physical space that enables you to move around in that space, and to create a social space that encourages you to swap and share and help each other.

p64, Brown & Isaacs, 2005



WELCOME MAGS

WELCOME  
TO  
OUR  
WORLD  
CAFÉ



REFLECT-RESPOND  
-Relax-Reliefo

**Principle 2 – Create Hospitable Space**



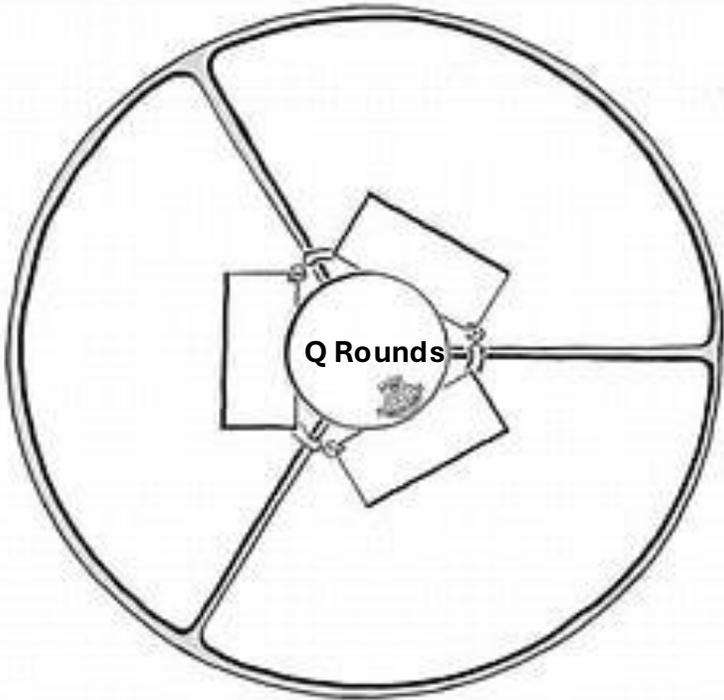
# Principle 2 – Create Hospitable Space





# Principle 2 – Create Hospitable Space

## What if I am hosting digitally?



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



**:Padlet**



# CAFE CONVERSATIONS on STUDENT WELLBEING

HOW CAN REGIONALS BEST SUPPORT YOUR HEALTH & WELL-BEING AS A COLLEGE STUDENT?

CHECKING IN  
      
 REGULARLY

SUPPORT GROUPS  
 SOME WAY TO TALK THINGS THROUGH

hand written notes

A "ZEN ZONE"  
 SOMEWHERE TO RELAX OR RELIEVE STRESS

HOW ARE YOU FEELING KINDA EMPTY LATELY

PEER DRIVEN

↳ PEERS UNDERSTAND RELATE

CONNECTION IS IMPORTANT TO WELLNESS



MENTAL HEALTH

THE TASSEL IS WORTH HASSLE

PROFS NEED TO BE MORE CONSIDERATE OF LEARNING STYLES

Flexible on ASSIGNMENT

DUE DATES 7-12

MENTAL CAREER ACADEMIC COUNSELING SERVICES  
 ↳ FREE!

ESTABLISH COMMUNITY  
 ESP. FOR COMMUTERS

- YOGA
- EXERCISE
- TALKING CIRCLES
- MIXERS

6+ APART  
 IN PERSON MEET-UPS

HOW DID THIS FEEL?

I'M NOT ALONE

GOOD TO SEE HOW OTHERS COPE



OPPORTUNITY TO VENT

EXPRESSION

WHAT CAN WE DO ABOUT IT?

STUDENT RUN WELLNESS SOCIAL MEDIA PAGE



IN PERSON CLUB

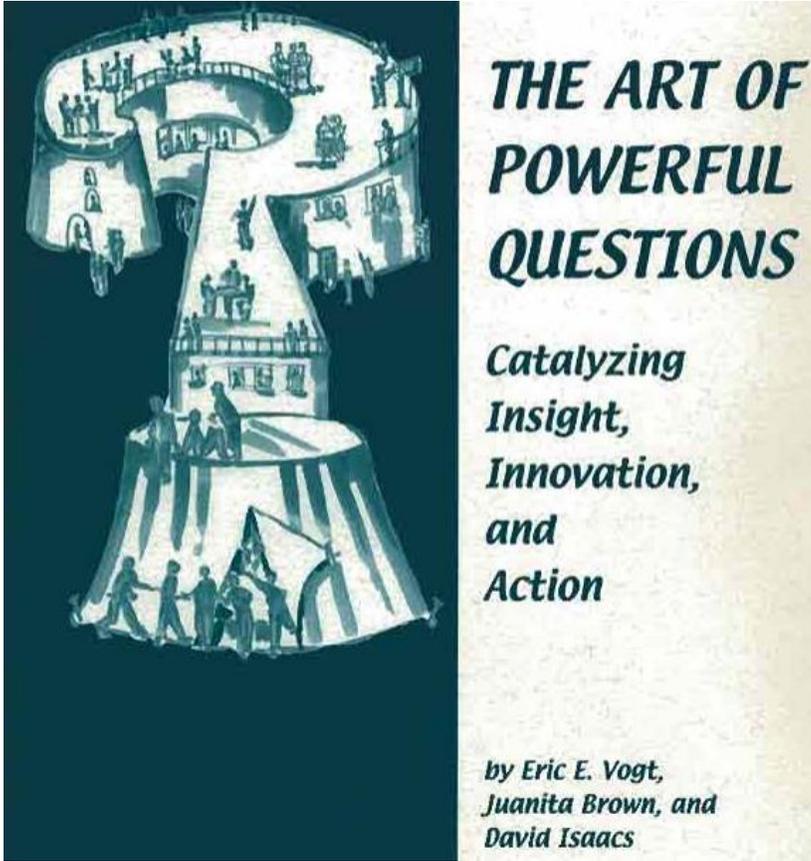
MAKE PAMPHLETS

ADVERTISE CURRENT RESOURCES

More Convo's like these!

10.6.2020

# 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

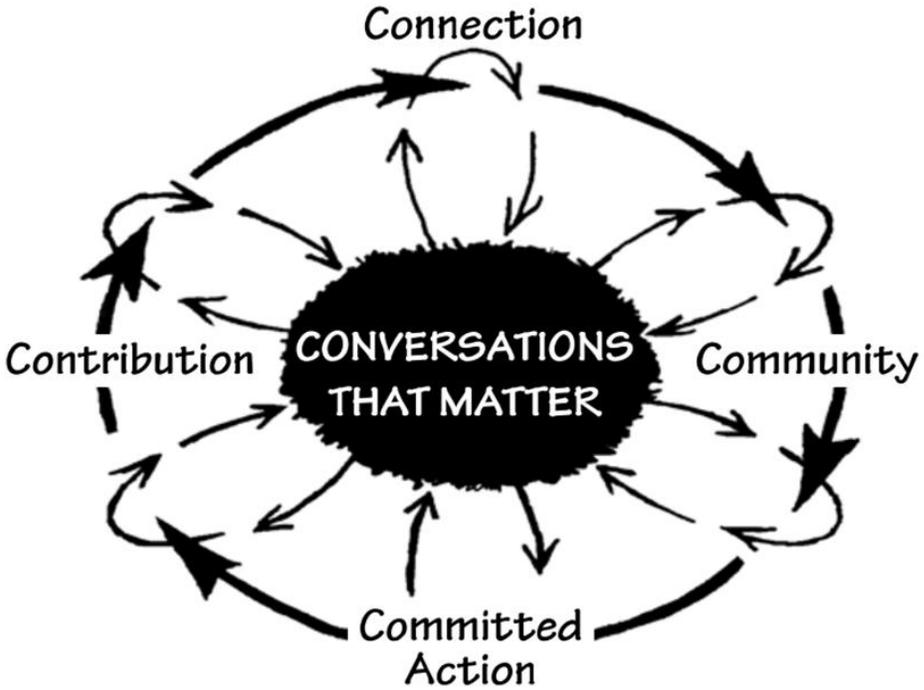
***“Speak with intention, listen with attention”***

***“We are wiser together”***





# Principle 4 – Encourage everyone's contribution

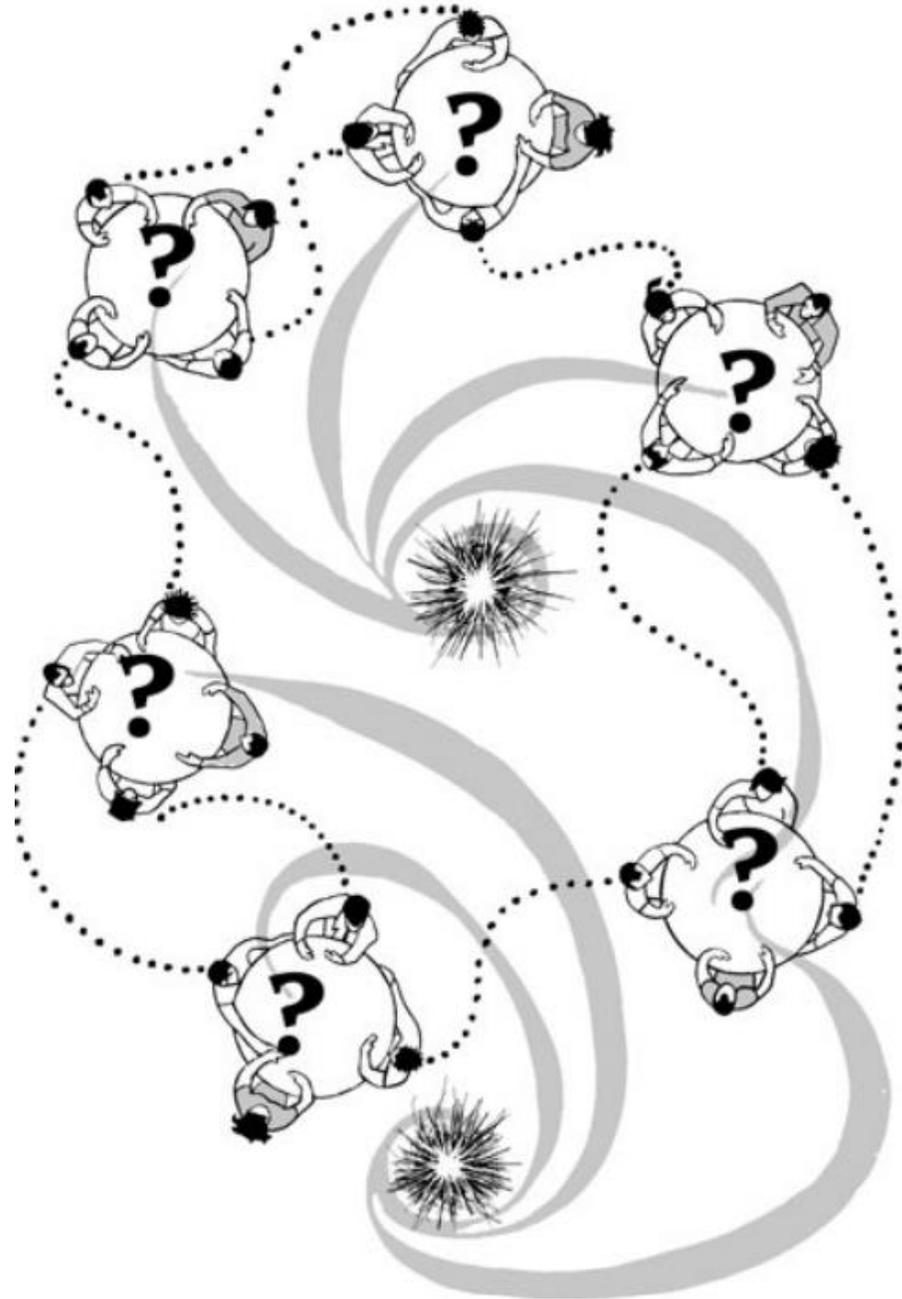


**Contributors  
not merely  
participants**

Enlivening the Culture of Connection



# Principle 5 – Connect Diverse Perspectives



Cross-Pollination



Emergence

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



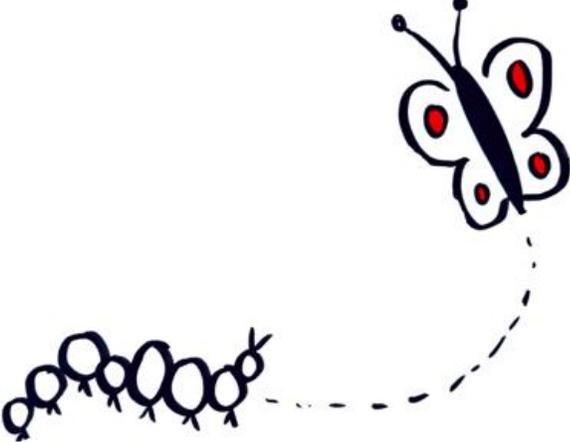
*As people share insights between tables, the “magic in the middle” and a sense of the whole become more accessible.*



# Principle 6 – Listen together for insights



Making Conversation Visible



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





## Principle 6 – Listen together for insights

the  
WorldCafé™



Listening Together

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



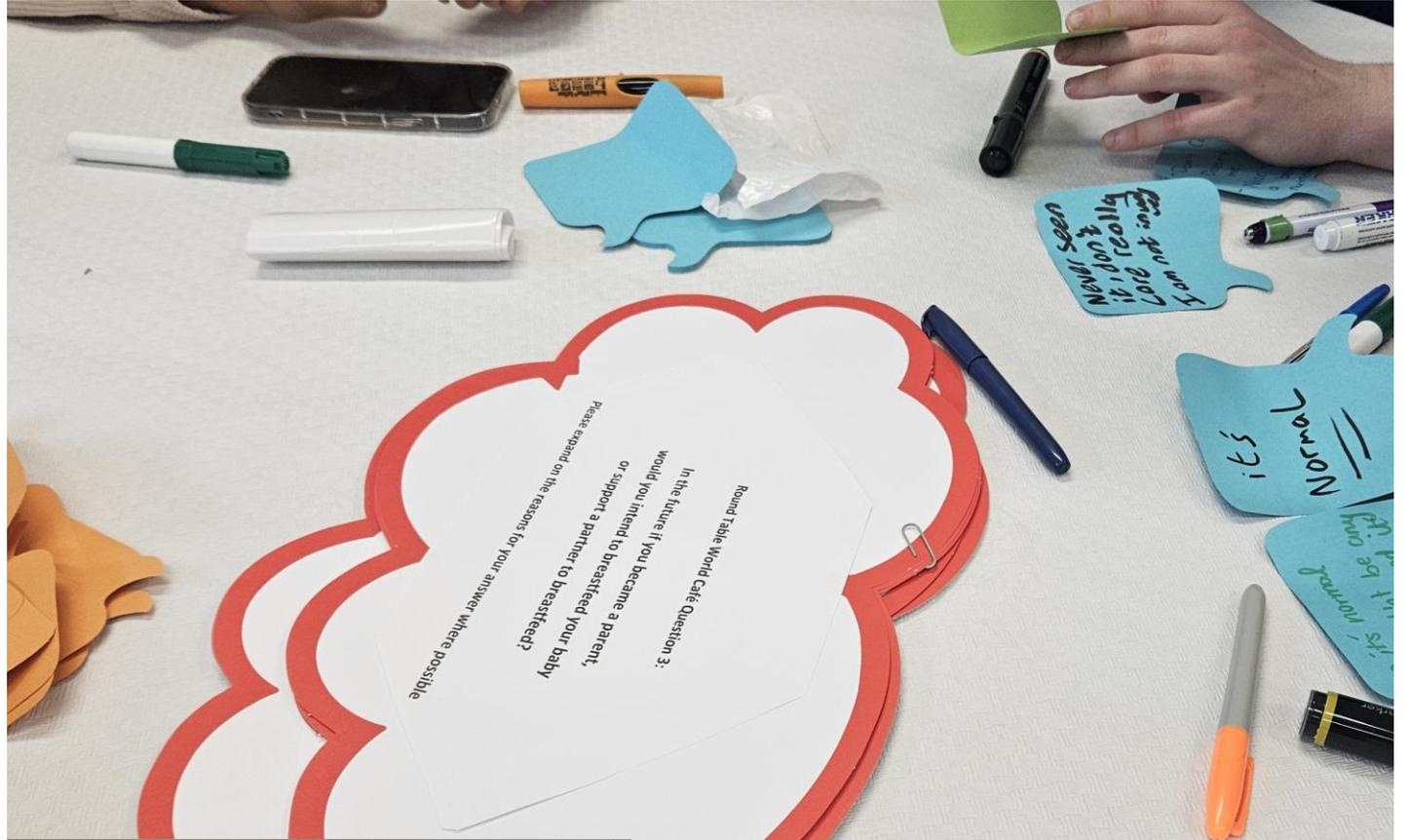
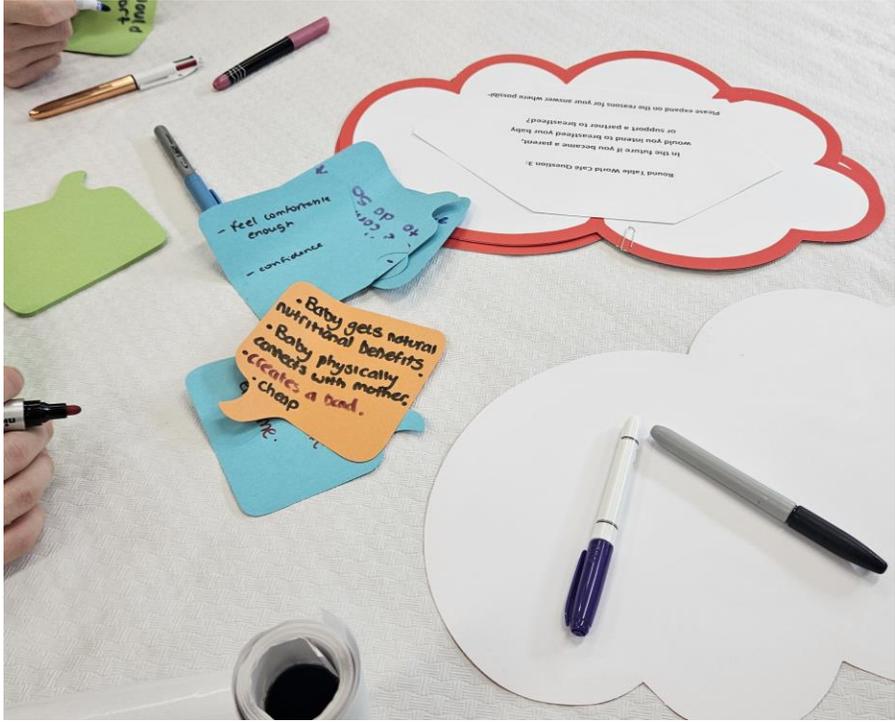


# Principle 6 – Listen together for insights



Making conversations visible.....





**Making conversations visible**





# Principle 7 – Share Collective Discoveries



## The Cycle of Harvesting



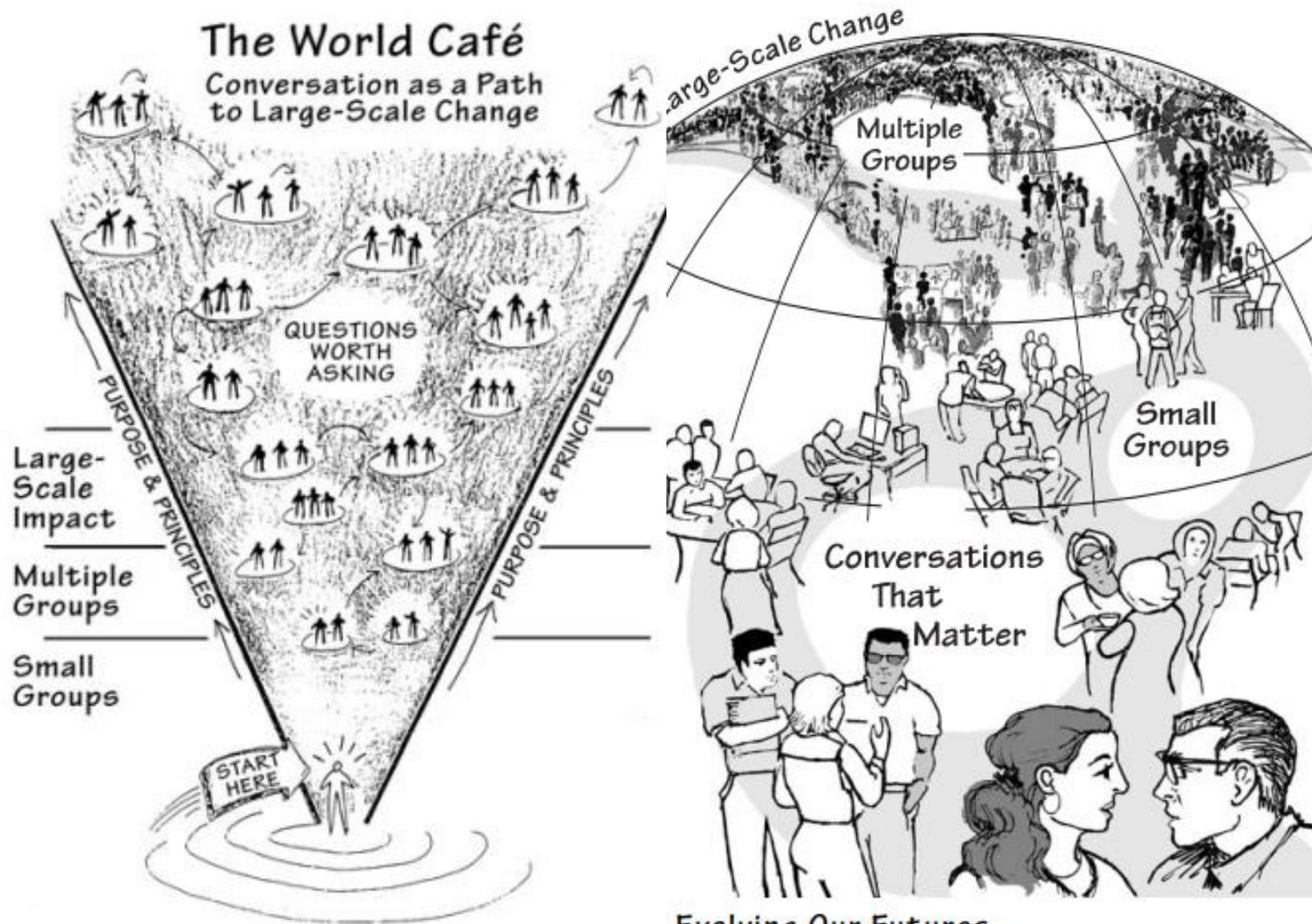
**Mini Harvests  
Master Harvest**

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

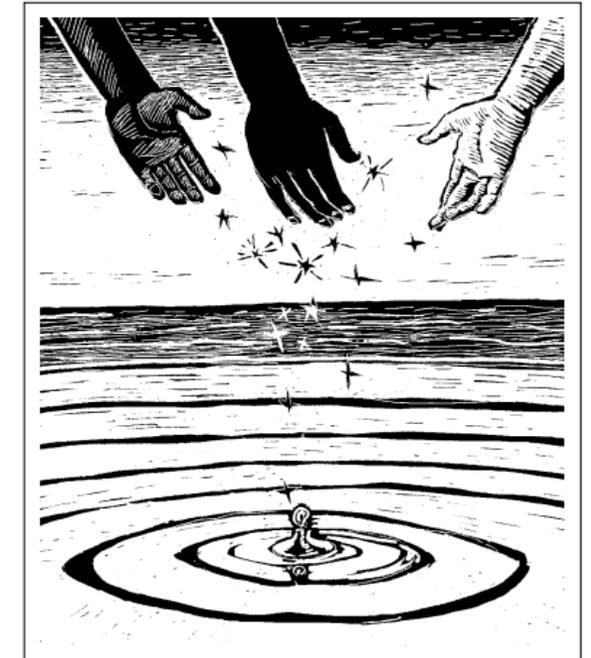




# Conversation as a path to change



-Evolving Our Futures



What if a conversation begun 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’



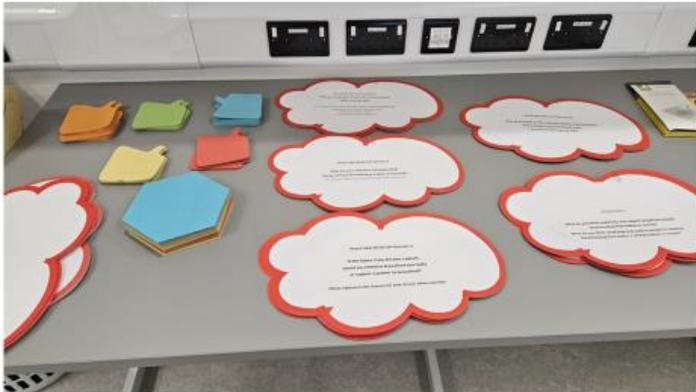
# Tips for hosting a WC



# 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](http://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](http://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.



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UNIVERSITY OF GALWAY

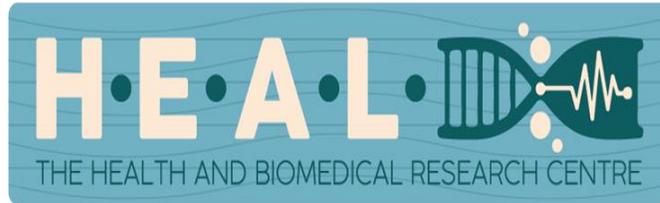


# Lunch & Learn Session

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



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**Student Affairs Ireland: Developing your Practice Series Session 1**

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