What to expect at a Conversation That Counts

For people who have been invited

Why you were invited

Someone you know — the host — thinks the topic will be useful to you. Hosts invite people personally and don't hand anyone's details to a sponsor.

What happens

A small gathering. The host welcomes everyone, a qualified facilitator introduces the topic and the group talks it through. You can listen without speaking, and you'll leave with practical ideas and resources.

Who pays

An organisation sponsors the conversation, and you'll be told who. Sponsors don't give sales presentations.

Your choices afterwards

- If you only attend, the sponsor receives none of your details.
- If you ask for resources, the sponsor only sees anonymous, combined numbers.
- If you ask to be introduced to the sponsor, only the details needed for that request are shared. You can change your mind at any time.

Sharing and confidentiality

Share only what you're comfortable with. The group's confidentiality rules are explained at the start. They reduce risk, but no one can fully guarantee what others repeat.

This is not therapy

It's a facilitated discussion and education. If you need personal support, the facilitator can point you to appropriate services. If you or someone else is in immediate danger, contact local emergency services.