

Meeting format and Preamble



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INSPIRADO HUB MEETING FORMAT (2 hours)

1. Appointed individuals to serve tea and coffee before meeting starts
2. Settle for the meeting at the set time.
3. Read Inspirado Hub preamble.
4. Check in (Talk about how your week has been. You can use Talking cards as check in) – 15mins
5. Choose any of the 5 different ways of the game to play – 1 hour
6. Coffee break (half way into the game) – 15mins
7. Discuss what your chips mean to you or use the Recap pots – 15mins
8. Check out (Discuss your plans and expectations for the coming week) – 15mins
9. Appoint individuals who will like to serve (tea and coffee) at the next meeting.
10. Close

INSPIRADO HUB PREAMBLE

Welcome to our Inspirado Hub.

The word 'Inspirado' is the Spanish translation for inspired, and we hope you leave this meeting inspired with new hopes and aspirations.

Inspirado Hub is a community of people who;

- Acknowledge addiction as a major problem or have been affected by it.
- Have a desire change and committed to put in the effort.
- Share their experiences, strengths and hopes with each other that they may solve their common problem and help others recover from addiction.

Our hub is based upon respect, mutual support, safety and sharing. Just as the old saying goes, "a problem shared is a problem halved", we encourage and value sharing, and have provided this safe environment for everyone to share through board game discussions.

If you choose to remain silent today, we will respect your wishes with silent support. You can either pass a turn, choose another card (when playing any of the card games) or discuss a non-personal incident if you wish.

During the meeting we strive to include all, so please be mindful of the length of your shares. One person speaks at a time, with no interruptions. We do not have rigid crosstalk rules, however, if you want to address another player's share, you must first ask for and receive agreement from that person.