

# 2019 ATLANTIC SUMMIT

Working together to achieve *Co-op Housing for All!*

## Top 10 Tips: *Getting the Most Out of Your Atlantic Summit Experience*

### 1: Get Your Questions Answered

You probably came to the Atlantic Summit with questions. Many of your questions will get answered over the course of the day of activities. However, please do not leave the summit with a question unanswered.

### 2: Practice Active Listening

Active listening will help you know if your questions have been answered. It will also ensure that your comments and feedback remain on point and relevant throughout the Atlantic Summit experience. Concentrate on what other people are saying, and if needed, clarify with them to make sure that you understand their comments.

### 3: Contribute to the Conversation

The Atlantic Summit experience has been created with lots of opportunity to share ideas, provide feedback and ask questions to ensure your voice is heard. You never know where the seed of a good idea might be found. On the other hand, please try to notice if you're speaking a lot more than others, and make space for quieter participants to make their voices heard as well.

### 4: Manage Reactivity

If a topic is particularly contentious or sparks energetic conversation, it is likely something that needs to be discussed. Ensure all members of the discussion are heard and focus on what needs to happen next to move the conversation forward.

### 5: Entertain Other Opinions

When you hear an opinion that is vastly different from yours, take the opportunity to ask clarifying questions. Gaining a better

understanding of different points of view strengthens your own quality of contribution to the Vision Summit conversation.

### 6: Talk to People Outside Your Group

We all enjoy sitting with the people we know best. However, a summit event is a great opportunity to meet new people from across the Atlantic and learn about what's happening in their area. Try asking what the biggest opportunities and challenges for co-op housing are in their Province.

### 7: Be Welcoming

The Atlantic Summit will have a large number of conference attendees. Be sure to make them feel welcomed and take the time to meet them throughout the day.

### 8: Focus on the Future

The Summit is focused on the future of the Co-op Housing Sector in Canada. If a piece of history is helpful to the conversation, introduce it. Then, focus on how we might use this information in articulating the future state of co-op housing.

### 9: Trust the Process

Your time and focus during the Atlantic Summit activities is key to generating the most valuable and meaningful desired outcome for all participants. All the working sessions and activities will be applicable to the creation of an Atlantic Region network.

### 10: Have FUN!

You are among sector colleagues for the day of the Atlantic Summit. Everyone brings their energy, their hopes and their ideas to this endeavour. Have fun while you participate!