



ACT-ivate

LUNCH AND LEARN

**Catalyse Action
without eating into
the working day**



The WFG Act can feel like its asking for the moon on a stick until it lands in a room. **A lunch & learn creates an unobtrusive space where colleagues encounter the asks within a meaningful conversation.** Done well, it plants a seed that grows long after the sandwiches are cleared away.

LUNCH AND LEARN

1. **You will be presented with multiple 'Catalysing Action' cards.** Choose the ones most appropriate for your audience to define your workshop structure.
2. **Resist the urge to cover everything.** One idea that genuinely lands beats five that wash over people.
3. **Lead with a 'spark' card.** The activity should take no more 10 minutes.
4. **Make sure you design your content to be engaging** – refer to Act-ivate Knowledge for help.
5. **Choose your main activity and spend no more than 30 minutes delivering it.**
6. **Close the session with the commitment card.** People remember what they decided, not what they were told.

WORKS WITH



Act.-vate Beginnings to warm a room that hasn't chosen to be there.



Act-ivate Commitment to make sure something leaves the room with them.

