



Listen

Someone in your life needs to be heard. Make space to connect and ask thoughtful, open-ended questions. Find inspiration on our website.



Listen

Schedule a technology fast by putting away phones at the table this week. Use this time to share highs, lows, and enjoy conversation with those you're eating with.



Listen

Find a way to spark a real conversation with someone new. Use an open-ended question from our website to connect in a meaningful way.