

INVEST HEALTH

Strategies for Healthier Cities

A Project of the *Robert Wood Johnson Foundation*
and *Reinvestment Fund*



Starting the day

June 8, 2016

Convening Guidelines

1. **Shoshin.** Have a beginner's mind.
2. **New York Times Rule.** Speak in headlines using fine-print only when needed. Brief time requires that we value expedience over exhaustiveness.
3. **The Map Isn't Always the Territory.** Given the limitations of language, important to listen for meaning and understanding, to have a better appreciation for how a person is using her/his words.
4. **Trust the Room.** Assume good intent and respect the collective intelligence, wisdom and life experience in the room.
5. **Step-Up/Step Back.**
6. **Triggers Are Real.** Take self-responsibility for your response/reactions to others' words and experiences.
7. **Vegas Rule.** Confidentiality means "I Won't Tell" and "I Won't associate a speaker's identity with her/his story and/or insights, especially outside this room."
8. **Self-Care.** Stand, stretch or bio-refresh as needed, quietly.

Let's Get Social

Posting prompt:

- During the conference, post to Twitter, Facebook or Instagram:

[Describe your city, in three words] #50cities #InvestHealth

Social media guidelines:

- Join the conversation using **#InvestHealth**
- Be thoughtful about sharing information about your team conversations

Tag us:

- Twitter: **@reinvestfund** and **@RWJF**
- Facebook: **ReinvestFund** and **RobertWoodJohnsonFoundation**