

# TALKING TO STRANGERS CHALLENGE

*October is* **CONFLICT RESOLUTION  
MONTH**

## OVERVIEW

Numerous studies have found that when people talk to strangers, it goes better than expected, folks are more receptive than they imagined, and that participants find the conversations both interesting and fulfilling. Too often, people refrain from talking to strangers because of unspoken social norms and assumptions about how the interaction will go.

Below is a challenge created for Conflict Resolution Month that invites you to get out of your comfort zone and talk to strangers. Complete as many of the following challenge quests as you would like throughout the month of October, and let us know how it goes for a chance to be entered to win a gift certificate to a local business.

## BEFORE YOU BEGIN

### CHECK IN!

Before engaging with any of the challenges, take our pre-survey to let us know how you feel going into this activity. We want to get a sense of your comfort, skills and engagement levels prior to the Talking to Strangers Challenge. Submissions are anonymous, and help us to understand the impact, benefits and value of this challenge.

## PRE-SURVEY



## TALKING TO STRANGERS CHALLENGE

Following are a series of challenges designed to help you engage with strangers. Complete as many as you'd like throughout the month of October, in any order. Use the checklist to track your progress.

CHALLENGE	INSTRUCTIONS
<input type="checkbox"/> AFFINITY	Find someone who looks the same as you and strike up a conversation.
<input type="checkbox"/> ALL OUTDOORS	Find someone outdoors, or who looks outdoorsy, and talk to them.
<input type="checkbox"/> ANIMALISTIC	Find someone enjoying wildlife and strike up a conversation.
<input type="checkbox"/> BEVERAGE BREAK	Find someone who's enjoying a beverage and strike up a conversation.
<input type="checkbox"/> BODY ART	Find someone with an interesting tattoo/piercing and talk to them.
<input type="checkbox"/> DAZED & CONFUSED	Find someone who looks lost/confused and strike up a conversation.
<input type="checkbox"/> DIVERGENCE	Find someone who looks different from you and start a conversation.
<input type="checkbox"/> DO GOODER	Find someone who seems like they could use help and engage with them.
<input type="checkbox"/> FASHION FORWARD	Find someone whose style you admire and strike up a conversation.
<input type="checkbox"/> FUN FABRIC	Find someone wearing stand-out print and strike up a conversation.
<input type="checkbox"/> IN LINE	Find someone who's waiting in line near you and start a conversation.
<input type="checkbox"/> NAILED IT	Find someone who has interesting nails and strike up a conversation..
<input type="checkbox"/> NEXT GEN	Find someone who's from a different generation than you and talk to them.
<input type="checkbox"/> OUT OF TOWNER	Find someone who seems to be visiting the area and start a conversation.
<input type="checkbox"/> SHOE IN	Find someone who is wearing interesting shoes and talk to them.
<input type="checkbox"/> SMILEY	Find someone who seems happy and strike up a conversation..
<input type="checkbox"/> STAND OUT	Find someone who is eye-catching and strike up a conversation..
<input type="checkbox"/> UNFAMILIAR	Reach out to an estranged family member and have a conversation.
<input type="checkbox"/> UNIFORMITY	Find someone in a uniform and strike up a conversation.
<input type="checkbox"/> WILD CARD	Find anyone of your choosing and strike up a conversation.

## AFTER YOU FINISH

### SHARE ABOUT YOUR EXPERIENCE

We want to hear from you! Help us to understand the impact, benefits and value of this challenge. Complete the post-survey to let us know how it went. Share about your experience and provide feedback. Those who complete the post-survey by November 1st will have an opportunity to be entered into a drawing for an awesome prize.

## POST-SURVEY

