

The Big Community Read

Let's read together

Session 1 - Introduction

Introduce the session

Welcome to the Big Community Read.

Over the next five sessions, we'll be reading *Small Steps for Big Change* together and using it as a starting point for conversation about everyday life, wellbeing, and the small changes that can make a difference.

Each week will follow a similar pattern. We'll watch a short video, then use a few questions to help guide conversation. There's no pressure to have all the answers — it's simply a chance to listen, reflect, and share as much or as little as you like.

Some questions may get you thinking, but you're free to respond in whatever way feels comfortable, or just listen.

The aim is to create a space that feels relaxed, respectful, and helpful — somewhere we can get to know each other a little and learn from each other as we go through the book together.

Watch Session 1 Video

Available on www.bigcommunityread.com

Icebreaker

Ask each person to introduce themselves and share a favourite book.

Discussion questions

(You're free to share as much or as little as you like.)

1. Having watched the video, what stood out to you or stayed with you?
2. What helps a setting like this feel comfortable and useful for people?
3. The book talks about how many of us are living at a pace that isn't always sustainable. Do you think that's something people are experiencing more today? What do you notice around you?
4. Patrick shares that moment where his wife asks, "At what cost?" Why do you think that question matters? Do you think people are asking that question enough?
5. Why do you think it can be hard to slow down or make changes, even when we know we need to?
6. Do you ever find yourself caught up in that kind of pace or pressure? (You can answer this generally, or personally if you'd like.)
7. The book suggests that change often comes through small, consistent steps rather than big dramatic ones. What do you think about that idea?
8. As you think about the next few weeks, what would you like to get out of this time?