

Hosting a Dream Group

Decide on 4-6 friends or acquaintances' to invite. Try to avoid those with loose lips or long-winded talkers

Decide when to have it. Perhaps have a bi-weekly Sunday potluck brunch group or a weekly Wednesday evening session with wine and hor'dourves. Make it special!

Send the invites/e-vites with a brief description of the point of the group and why you would love for them to join you. Note whether food and drinks will be provided or if they should bring their own. Request RSVP's and for them to note whether they can do it regularly

Consider collaborating with the group to hire a babysitter/s if people have small children so as to make it easier to join in. Just keep the kids in a designated space away from the group

Clean your space! No one can truly relax in the midst of clutter or filth. Designate an area where all can sit comfortably and closely

Light some candles, display some flowers. Create a warm and inviting ambiance for the dreamers

Provide pens and paper for dreamers to be able to write down insights or ideas during the session