About the Live Café

The Courtyard · https://the-haven.co/docs/the-live-cafe/

Focused time can often feel hard to come by. The Live Café is an opportunity to spend 80 minutes “alone together” alongside other members and focus on what matters most.

It’s the perfect opportunity to catch up with those important (but non-urgent) activities. Or receive space for gentle accountability to focus on that thing you’ve been putting off.

If you’ve not been before, feel free to come along and quietly experience a session.

What to Expect:

The Live Café is informal. There’s no pressure to turn your camera/microphone on. You can come for as long as you're able (there's no pressure to stay the whole time).

Welcome (5 minutes) - an opportunity to say hello and share what we plan to use the time for.

First Focus Block (40 minutes) - we mute microphones, and play an on-screen countdown timer (you can leave your camera on if you like) and do whatever we are doing.

Half-Time Check-In (5 minutes) - the timer ends with music, and we take a short breather. There's an opportunity to check in to see how everyone is doing.

Second Focus Block (40 minutes) - same as the first one (though it always seems to go faster!)

Wrap-Up (5 minutes) - the timer ends, and we finish with an opportunity to share how we've got on before we close the meeting.

Our Next Live Café is...

Nov 16

Virtual Event

4:00 pm GMT - 6:00 pm GMT

Café Hour

View Calendar