



ResilienceCon Guidelines For Interview-Based Sessions

ResilienceCon sessions are all interview-based. This is the "secret sauce" of ResilienceCon, where we seek to disrupt the rather dusty old formats at other events. If you haven't been to one before, we think you will be impressed at the difference in makes in terms of impact and meaning.

Each session has 3 segments.

1) **Presentations** (20X20, Perspectives, or Hot Topics intro). All of these session formats are designed to be brief talks that help presenters distill their take-home message and emphasize the essential issues.

The 20X20 and Perspectives formats work well with image-intensive slides and less text per slide. There are several examples available here:

<https://www.lifepathsresearch.org/guidelines-for-presenters-and-moderators/>

Hot Topics panels generally do not use slides.

In any of these formats, the result is rather like a TED talk and also good practice for communicating with journalists and the general public.

2) **Moderated interview.** ResCon attendees love this part. The session hosts at ResCon are not just timekeepers but true facilitators. You will have the opportunity to provide suggestions and input on the questions that your host will ask the panelists. It is sort of like being on Oprah and this session does a great job of going deeper into a topic, with behind-the-scenes insights about what it really takes to make a project happen and delving into implications. This segment, more than any other, really helps bring out the passion that all of us have for this important work.

Session hosts, working with session presenters, can choose 3 to 6 questions. You can either have every person answer every question (then will probably only need 3 or 4), or different people can weigh in on different questions, as agreed upon.

See sample questions below.

3) **Open Q&A with the audience.** This is usually transformed by the 2nd segment, so that people continue with the discussion of "big" issues and avoid the minutiae that can sometimes eat up a lot of the Q&A time at traditional conferences.

We believe conferences can be better and have been working for several years to improve many aspects of this precious face-to-face time. Your time "on stage" is similar to what it would be at any mainstream breakout session (like at APA, ASC, or APHA), but we believe these changes truly transform the experience.

We are looking forward to seeing returning folks and excited to introduce first-time attendees to our growing community.

Sample General Questions That Can Be Used in Any Panel

- What is an ongoing challenge in this area of work? How do you cope with it? What do you think might be done about that challenge in the future?
- Rose and Thorn: What was the highlight of the project? What was the low point?
- What would you say is the biggest lesson you learned from implementing this project that will affect your future work?
- If you knew at the beginning of this project what you know now, what would you have done differently?
- Tell us something about the impact that this project had on you that we might not learn from a formal write-up.
- What change in this area of work are you most hopeful for in the future?
- What is a common debate in this area and what side do you fall on?
- What is one piece of advice you'd like to share with other people in this field?
- What do you hope other professionals will take away from this project?
- If you could change one thing about the field, what would it be?
- How do you work to 'decolonize', 'deracialize', 'demasculinize' and 'degender' our inherited 'intellectual spaces'? What suggestions do you have for others?
- How can we help build new academic and institutional cultures that genuinely respect and appreciate difference and diversity – whether differences are of class, gender, sexual orientation, race, nationality, age, ability status, language, or religious belief, or are epistemological or methodological in nature?
- How do we become a part of creating the new architecture of knowledge that allows co-construction of knowledge between intellectuals in academia and intellectuals located in community settings?

(last 3 adapted from Hall & Tandon, 2017)

Lightning Rounds:

Consider some rapid-fire questions that can be answered in one- or two-words to change the pace.

Examples:

- 1) Which strength should be included in more research?
- 2) Would you invest more resources in prevention or intervention?
- 3) What is your favorite way to relax/cope with stress?
- 4) Name someone whose work you admire.

Sample Questions from Past Panels

(to show how questions can be developed and adapted for specific topics)

Questions from a panel on measuring strengths:

- 1) Think about the benefits and/or your professional research story. How did you come to see this as a neglected but important area to do work on?
- 2) Give an example of how this form of measurement has produced a surprising result or changed a practice.
- 3) What do you see as the challenges and promises of really trying to measure the positive? How can you think about protective factors that aren't the opposite of risk factors?

Questions from a panel on prevention and intervention:

- 1) What developmental insights or realities need to be better incorporated into prevention and intervention?
- 2) How can we let go of things that have become systemically entrenched even when they are not evidence-based?
- 3) Given that each of you have addressed vulnerable populations, how do you balance the need to protect individuals with thinking more about promoting wellness? How do you respond to fears that children or elders will be abused more if we shift off a "protection first" approach?