# Session 05.03 – Depolarization

**Lab: Depolarization**
**Date: October 8, 2026**
**Room: Buna**
**Facilitator: Bethany Serengheu, Peace and Reconciliation Network**
**Approximate number of participants: 12**

### 1. Purpose of today's session

What should today's session achieve?

Teach and practice: How to have a depolarizing conversation.

### 2. Starting point

What question, input or previous result did the group begin with?

Understanding polarity and polarization

### 3. Key insights

- How to determine two positive poles
- Moving from either/or to both/and
- How to have a depolarizing conversation using strengths and weaknesses of both poles. Flow of a depolarizing conversation

### 4. Challenges identified

- Not being able to identify two positive poles
- Learning to ask open questions
- Learning both/and, good to good