Invisibilia is back! Celebrate by gathering friends to listen, discuss and geek out.
Hello, friends! Probably the biggest news of the second season is that Hanna Rosin has joined us. Hanna is one of the most interesting, challenging and popular journalists of her generation. Hanna is fearless about taking on big topics – and in this new season that is part of what we are trying to do: take the Invisibilia frame into places we’ve never been before.

We look at terrorism and this really interesting hug-a-terrorist program in Denmark; we have a story about a truly crazy experiment that took place on an oil rig where hyper-masculine men were taught to cry with one another, and another about a girl debate team in Rwanda that ends up winning a national tournament by arguing that women are inferior. Just like in the first season, all these stories are interwoven with science and broader questions about how humans operate – in a way that makes them relevant to everyone.

In other words it’s Invisibilia but on a bigger scale – more than inside the heads of individuals. We’re also experimenting with humor in ways we’ve never done before, and have a whole bunch of new contributors.

Podcasting is deepening and developing, and Invisibilia is still experimenting, trying to figure out what the medium can ultimately be. Join us.
1. **Episode One + Conversation Catalysts**  
   It’s here! Listen to ‘The New Norm’ and use our conversation catalysts to help kick off your discussion.

2. **How to Moderate a Great Conversation**  
   Hanna Rosin offers up her tips for how to moderate a great conversation. The secret? Have fun!

3. **Music, Snacks & Coloring Pages**  
   Create a great vibe! To help, Lulu makes a playlist, all three hosts share their favorite party snacks, and an artist makes custom coloring pages.

4. **How to Host an NPR Listening Party**  
   What is a Listening Party, Anyway?  
   How to Get Started  
   Quick Checklist
Invisibilia: Episode One + Conversation Catalysts
Episode One
‘The New Norm’

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#NPRINVISIBILIA

## Conversation Catalysts

<table>
<thead>
<tr>
<th>Episode One</th>
<th>Host: Alix, Lulu, Hanna</th>
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<tbody>
<tr>
<td>'The New Norm'</td>
<td>Time: 57 min 33 sec</td>
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These conversation catalysts are designed around themes to help spark conversation, though we recommend letting your friends help direct the discussion based on interests and experiences. We’ve outlined more questions below than we think you’ll have time to get to, so feel free to cherry pick the ones you feel will resonate the most - or make up your own. Sometimes it takes just three to five juicy questions to keep the conversation flowing.

### Open Discussion

- What struck you most about the story?
- What surprised or moved you?
- Which character did you relate to most and why?
- What do you think is the key takeaway or open question of the episode?

### On Transferring An Emotion

- On a high level, do you think that an emotional norm – an attitude or way of approaching the world – can be transferred from one group or culture to another? Why or why not? Can you think of any specific examples of this happening or failing to happen? If successful, how do you think if was accomplished? If failed, what do you think went wrong?

### Unwritten Rules of Rig Culture: Never Be Weak

- Have you seen or experienced an environment with a similar culture or rules? How did the culture impact the ways in which people related to each other within the group? How did the culture shape you? What are other industries or organizations or groups can you think of that have similar cultures? Do you think the cultural norms of those groups affect those outside of the group, too? How?
### On Cultural Norms in the Workplace

Consider the culture of your work environment, past or present. What are its defining attributes or unwritten rules? Which ones do you think benefit you and your colleagues – and which ones do you think detract from your success and/or wellbeing? Why? What would you like to see change? How do you think that could be accomplished?

### On Being Vulnerable

In the story, the French lady, Claire, believes that the key to making the rig safer is for the leaders of the Ursa rig to be vulnerable. Does this approach resonate with you? Share a personal anecdote about a time that you were scared to be vulnerable – did you do it anyway, or did you hold back? What was the outcome?

### Work Culture + Personal Life

In the story, we see rig culture affect the way that Rick relates to his son. How does your work culture spill into your personal life? How does it impact your relationships? How did you parents’ work culture impact how you grew up? Were there topics considered off limits that you wish could be talk about?

With Claire’s help, Rick and his son finally have a break through and seem to really see each other for the first time. Have you had a similar experience with a family member or friend? What were the catalyst, process and outcome?

Do you think there is something specific about Claire that makes her able to bring about these kinds of breakthroughs, or do you think the magic is just in the types of questions she asks?

### On Visualizing What You Want

In the story, Claire is an ardent believer in visualization. Do you believe in the power to visualize a future designed around what you want or do you think it’s a silly notion? What do you make of what happened to Claire’s tumor? Or the anecdote about making the clouds move across the sky? Do you have any personal experiences or stories related to this idea?
Steps to Moderate a Thoughtful Listening Party Discussion
10 WAYS TO BE A THOUGHTFUL MODERATOR

Hanna Rosin, Invisibilia’s newest co-host, shares her tips for creating and moderating a great discussion during your Listening Party.

1. Set the goal for the gathering. For example, you can say, “Tonight we will explore the idea of personality. We’ll listen to a story, and then we will hopefully have a real conversation about things that are important to us. There are no stupid questions and all of your perspectives are welcome.”

2. Have fun! Create an atmosphere that’s halfway between drinks and a book talk. People should feel that they are among friends. They should feel at ease so they will feel comfortable opening up.

3. Model the kind of conversation you want. For example, you can start off the discussion by sharing something about yourself; perhaps a character, or a moment, or an idea in the story that resonated with you, and why. For example: “What really moved me about this story is how much the main character reminds me of my grandfather.” Or: “I can relate to the idea that it’s not always the best idea to fix something. I tried the same thing with my brother and...”

4. Really listen when people speak. Smile. Encourage them to share. Let people finish their thoughts and try not to interrupt!
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5. **Do not shy away from the complicated ideas in the stories.** Puzzle through them together, build on them, figure out as a group how they work in the world and in our personal lives.

6. **Don’t be afraid of a healthy debate!** Find out if anyone disagrees with the idea of a story or has a different experience.

7. **Some of the stories have sensitive material, and may trigger an uncomfortable memory.** Make people aware that this is a possibility.

8. **If people share something personal or hard – acknowledge and thank them.** Never be judgmental. The surest way to close people off is to judge and embarrass someone who has opened up.

9. **Don’t allow a handful of voices to dominate the conversation.** Try to bring other people into the discussion if you can.

10. **Create an intentional ending to the discussion.** Offer a closing reflection or thought on what happened in the room. Acknowledge the differences, and the moments that brought everyone together. Thank people for coming and sharing themselves with the room. And, set a date for your next listening party!
Key Ingredients For A Fun Party: Snacks & Jams
Listening Parties are all about unplugging and getting lost in the sounds of powerful audio storytelling.

With your phone tucked away you might find yourself wondering: *What do I do with my hands*?!

Well, we've been lucky enough to have artist Kristen Uroda create custom coloring pages for us inspired by *Invisibilia*. Put your busy hands to work creating something beautiful as Alix, Lulu and Hanna bring you on a journey of exploring the unseen forces that shape our world.

*Just click on the link to the right and print.*
Lulu’s favorite:

**5 MINUTE MAGIC GREEN SAUCE**

Hanna’s favorite:

**THIN PRETZELS AND CHOCOLATE ESPRESSO BEAN THINGS**

Alix’s favorite:

**WHITE CHEDDAR POPCORN WITH AN ENTIRE SLEEVE OF OREOS**
SET THE VIBE WITH LULU’S PLAYLIST AS YOUR GUESTS ARRIVE. SHE EXPLAINS HER TRUSTY TWO-PART MUSIC SELECTION PROCESS:

1. Stealing from cooler people like my friend Lindsay. She curates monthly Spotify playlists called “Lady X’s Song For Play” from an incognito identity. They are sort of boom boom boom music. And basically, when I feel my body just feeling… Nice. That’s a song I like. That one goes on the list.

2. Noticing what the algorithm spits out when I listen to things like Pandora or Songza on runs. I love running to “Birth of Twerk” and “Pick up Your Feet.” So there is a fair amount of pop.

* Also, I used to play saxophone in a blues band in high school (I was terrible! It was magnificent how terrible I was!) but I will always have a soft spot for the blues.
How to Host an #NPRLListeningParty
WHAT IS A LISTENING PARTY, ANYWAY?

At an NPR Listening Party, great audio storytelling gives you and your crew the chance to take a break from screens, listen together, and go deeper with thoughtful discussion and stories of your own.

It’s easy. All you have to do is:

• Gather friends in a cozy place
• Have some light snacks & drinks
• Hit airplane mode, listen and discuss!

Show us how you host your own #NPRLlisteningParty and together we can spread the mission of public radio for a more informed, engaged, and empathetic world.
HOW TO GET STARTED

1. Pick a day and time.
Weekday evenings and weekend brunch work great. Consider other events happening in your community already and schedule around them so you don’t have to compete. We recommend carving out about 90 minutes for the whole event.

2. Pick a venue.
We recommend hosting at your house to keep things cozy and casual. But if you have other ideas or access to an intimate space, go for it! Ideally, aim to keep the group no larger than 20 people so that everyone gets a chance to speak.
3. **Send your invite.**

Create your own or use ours. We recommend Facebook or Splash. Have fun with it! A day or two before the Listening Party, send your guests a reminder that includes any key information about arriving to/parking at your home, etc.

4. **Choose a story or podcast.**

Choose one longer piece or pair a couple of shorter segments. Aim for no longer than 45 minutes. Consider which topics will connect with your group and spark discussion. Listen ahead of time and prepare some conversation starters to kick off your discussion.
**Prep the space.**

Coziness is key. Help people settle in by providing pillows and blankets. Keep the lighting soft. Arrange seating into a circle to help conversation flow. Offer a focal point for folks to settle their gaze on (it may feel strange at first to not be looking at a screen). Set out paper and pens so people can take notes and/or doodle while they listen.

**Mind the details.**

Make sure whatever device you’re using to play the story is fully charged and notifications are off. Download the piece ahead of time if your Internet is spotty. Make sure volume is set so that everyone can hear. Offer some light snacks and drinks - or ask your guests to bring something, potluck style.
QUICK CHECKLIST

☐ Send Invite (include day & time)
☐ Listen to story ahead of time
☐ Consider discussion-starting questions (or use ours)
☐ Create a cozy feel:
  ☐ Arrange seats in a circle
  ☐ Use pillows, blankets, comfy chairs
  ☐ Soften the lighting
☐ Download story or make sure you have solid Internet connection if you plan to stream

☐ Turn off notifications your device
☐ Set out some notepads and pens / markers
☐ Stock up on light snacks & beverages
☐ Know the room: are there some subject matter experts you can pass the ball to during the discussion?
☐ Snap some pictures for social media and use #NPRListeningParty
☐ Be creative and have fun!
TELL YOUR FRIENDS TO SAVE YOUR DATE!

SEND AN INVITE

Use one of our graphics to create your invite

#NPRLISTENINGPARTY
visit our website for more information

generationlisten.npr.org/listening-party

@NPRGenListen  |  #NPRListingParty  |  #HostYourOwn