

SAM'S CAFE

PRIMROSE HILL

School of Life Supper

An evening of food and meaningful conversation.

Location: Sam's Cafe, Primrose Hill

Date: [Insert date]

Time: 7.00 to 9.30PM

Cost: [Insert price — include food details if possible]

Spaces: 24 max

As part of the Book Clubs exploration of the School of Life's output, Sam's is hosting a community supper using their beautifully designed **Conversation Menu**

Cards <https://shop.theschooloflife.com/products/conversation-menus> to gently guide conversation. So, a relaxed evening meal shared with others, where conversation is supported by a set of written prompts that invite reflection, curiosity, and honest exchange.

What conversations are on The Menu?

The menus are created by The School of Life, an organisation known for exploring the emotional and psychological dimensions of everyday life: relationships, work, self-knowledge, meaning, and how we live well together. These are the subjects that are on the menu. You might find yourself exploring questions like:

- Have you ever sabotaged your own success?
- What should children learn about the adult world?
 - In what ways is your family especially odd?
 - How would you like to be remembered?
 - What shaped your attitudes to money?

The School of Life's work centres on a simple idea: that the quality of our lives is deeply shaped by the quality of our conversations — with others, and with ourselves. This evening offers a light structure that allows something deeper to emerge naturally.

House rules as follows :

No fixing

No advice-giving

No decrying

No selling

Just the opportunity to listen, to reflect, to speak, and to be met.

Where conversation feels a little more alive, a little more honest, and a little more nourishing than usual.