



WHAT IS A QUICK BITE?

Bring a **concise, impactful idea or program** from your community to share in an **engaging 30-minute session**.

INTENDED OUTCOMES

- Engage and interact with others
- Share and gain expertise
- Walk away with fresh ideas

DESIGN



This format is designed for **active participation**, often breaking the information into **short bursts with interaction in between**.

DELIVERY



Presenters are encouraged to go beyond a traditional lecture by **incorporating polling, audience Q&A, or small-group discussions**.

Limited to **TWO (2)** instructors per session.

WHAT IS REASONABLE IN 30 MINUTES?

A 30-minute session can support **microlearning** or **situational learning goals** that focus on:

Awareness, Inspiration, Reflection, or Exchange.

Go to the next page for examples of learning goals.

EXAMPLES OF LEARNING GOALS

AWARENESS



Introduce a new idea, approach, or tool

Example: “Explain how our city used behavioral nudges to reduce late utility payments.”

INSPIRATION



Spark curiosity and interest in a new practice

Example: “Describe a creative strategy for engaging residents in zoning updates.”

REFLECTION



Offer a short opportunity to reflect or connect to participants’ context

Example: “Identify one element of this program that you could test in your community.”

EXCHANGE



Encourage peer learning or feedback in small-group formats

Example: “Discuss with a partner how this strategy could work (or not) in your own city.”

WHAT MAY NOT FIT WELL IN 30 MINUTES?

- ⊘ Deep skills practice or group decision-making
- ⊘ Multi-step processes with reflection and feedback loops
- ⊘ Complex simulations or stakeholder role plays
- ⊘ Detailed walkthroughs of lengthy policies or plans