THE SIT DOWN

HONEST CONVERSATIONS. IN THEIR OWN WORDS.

OUR MISSION

The Sit Down exists to shine a light on everyday people in Kansas City who are building their own path. Through honest, unscripted conversations, we document the work, decisions, and experiences behind their lives—in their own words.

From learning a trade to building a business, raising a family to breaking a cycle, we make room for stories that deserve to be heard. Our purpose is to show what moving forward looks like within our own community and broaden what we recognize and celebrate as success.

Everybody has a story. Let’s sit down.

THE CONVERSATION CONTINUES

Full conversations will be on YouTube.
A closer look at the people moving our city forward.