

Relationship & Community Building Virtual Circle*

About 8-10 People Total time: 25 - 50 minutes

Purpose: (1) check-in with each other (2) create time and space to reflect on the start of year experience and (3) offer ways we can meet our needs

Welcome & Mindful Moment: invite people to place their feet on the ground and take one intentional deep breath together.

Review Guidelines:

Usual norms (for example)

- Speak from the heart
- Honor confidentiality
- It's ok to pass
- Respect the talking piece.
- Witness others' sharing without interjecting or responding.

Online norms

- Find a private comfortable space
- It's ok to turn off your video
- Be fully present. Please do not multitask (check email, text, Snapchat, web surf, etc.)
- Maintain confidentiality (i.e., screenshots, pictures, online posts about what was said)

Opening Reading:

"Some people have gained downtime, holistic perspective, and family closeness, while others have lost their health, their financial security, and their loved ones.

The pain isn't breaking evenly

Let's stay mindful of others' experiences, grateful when we are the lucky ones, and be helpful whenever we can be."

~ Dr. Lindsey Jernigan



Establish a talking order

In the first check-in round, invite anyone who is ready to start the circle; ask the person who goes first to call on someone to go next. Repeat. Then the order can be typed into the chat.

The facilitator may need to remind people whose turn it is for the first couple rounds. Remind people it is OK to Pass.

Circle Questions and Rounds start on the next page.

Round 3

What can you do to meet the needs that you or someone else just named?

Round 4

What's one word that describes how you feel now.

Closing Round:

Pause for 30 seconds of silence to notice responses. In this round you are invited to simply state what you noticed.

Closing Quote:

“When you start to feel like things should have been better this year, remember the mountains and valleys that got you here. They are not accidents, and those moments weren't in vain. You are not the same. You have grown and you are growing. You are breathing, you are living, you are wrapped in endless, boundless grace. And things will get better. There is more to you than yesterday.”

— Morgan Harper Nichols

If you finish early, take a break or use the debrief questions below.

Return to the full group at 10:32a

Optional Debrief Questions:

- What did you notice about yourself or others?
- What's resonating or alive for you at this moment?