

# Empathy Circle Facilitation Training: [Email Sections](#)

For Group Editi  
Sections to email out to Participants.

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## Time Commitment

Before taking the training, we ask that you be aware of the time involved and that you be able to commit to it..

### Here is the Time Commitment

- **2.5 hours per week for 4 Weeks.** Course Meetings
- **30 minute per week:** Empathy Buddy Call - Do your best to hold a 30 min call with one fellow participant per week to practice mutual empathic listening and support. It will take a bit of time for you to schedule these calls as well.
- **Facilitate an Empathy Circle: 1+ hrs.** - Optional - try your best to host and facilitate an Empathy Circle with family, friends, coworkers, between Sessions.

There is limited space in each cohort and we usually have a wait list. Be aware that you are taking a spot someone that someone else could have had. We have a fixed ratio of trainers to participants. ie. 1 trainer to 3 participants. if you do not attend it impacts the group by throwing off the group size and timings.

We understand that emergencies can come up and we have understanding for that. i.e., family, heath, work, etc. issues. Just do your best to hold the time commitment.

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## Final and Next Steps

1. **Train the Trainer - take the training again.**
  1. who would like to do it again and be a trainer?
- 2.

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## Donations

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## Session in Brief

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## Values and Principles

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**Session Feedback**

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**Empathy Buddy**

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**Hold an Empathy Circle**

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**Challenges**

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**Testimonials**

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