

# CIRCLE GUIDELINES

- **Listen generously and fully to one another.**

Circle invites us to practice holding space or attention for others, and listening deeply. Listen for the wisdom of others, listen for connections, for what resonates with you, even if it is something small. If you notice your mind wandering, practice bringing your attention back to the person talking.

- **Respect the talking piece.**

If something someone says resonates deeply or sits heavily with you, you can indicate the impact non-verbally. If you feel the need to speak to it, please wait until it is your turn to speak.

- **Speak from the heart.**

When you hold the talking piece, share as deeply as you want.

- **It is okay to pass.**

If you choose to pass, simply hold the talking piece as long as you choose and then pass it to the next person.

- **Be as fully present as possible.**

- **Respect the privacy of every person in the circle.**

While you can share about the experience of being in circle, do not share what others have said once the circle is closed.

