



CIRCLE

Circle is an ancient form of meeting that has gathered human beings into respectful conversations for thousands of years. In some areas of the world this tradition remains intact, but in some societies it has been all but forgotten. PeerSpirit circling is a modern methodology that calls on this tradition and helps people gather in conversations that fulfil their potential for dialogue, replenishment and wisdom-based change.

What is Circle good for?

One of the great things about circle is its adaptability to a variety of groups, issues, and timeframes. Circle can be the process used for the duration of a gathering, particularly if the group is relatively small and time for deep reflection is a primary aim. Circle can also be used as a means for “checking in” and “checking out” or a way of making decisions together, particularly decisions based on consensus.

Principles of Circle:

- Rotate leadership
- Take responsibility
- Have a purpose that you gather around

Practices of Circle:

- Speak with intention - noting what has relevance to the conversation in the moment
- Listen with attention - respectful of the learning process of all members of the group
- Tend to the well-being of the group - remaining aware of the impact of our contributions

Four agreements of Circle:

- Listen without judgment (slow down and listen) o Whatever is said in circle stays in circle
- Offer what you can and ask for what you need o Silence is also part of the conversation

General flow of a Circle

- Intention
- Welcome/start-point
- Check-In/greeting
- Agreements and principles
- Conversation
- Check-out and farewell

More information:
Peerspirit website - <http://www.peerspirit.com/downloadable-gifts.html>

TM