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## Community Building Circle Practice #1

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**Purpose:** To support continuing growth and self-reflection and to strengthen the relationships of our team.

**Mindful Moment:** "I invite you to close your eyes if you feel comfortable (or relax your eyes and stare gently at the floor) and take a deep breath. Today we will get grounded and present by taking 5 deep breaths in and out. I will do the same and will let you know when the time is up.

*(then take 5 slow deep breaths in and let the group know when it's completed)*

### **Reminder of Group Values and Guidelines**

*(assume they have been previously established)*

### **Opening:**

"We are wired to love, to be loved, and to belong." Brené Brown

"Today we are going to practice a new way of being together and of talking to one another. It is a way that will be helpful from time to time. We will not always talk this way but will discover together the times we feel that talking this way is important.

The talking piece is here to make sure each of you gets a chance to speak; to make sure others listen carefully when you speak, to make sure you are finished before someone else speaks; and to help all of us share from our hearts."

### **Circle Question Rounds:**

- What is one thing that you have learned about yourself OR one way you have changed as a person over these last three *(trying)* years, that you are **happy about**? *(give people a minute or two to think before needing to report out. We are slowing down the pace here)*
- What is one thing that changed about you as a result of the impact of these years that you are working on improving, or strengthening, OR that you are in the process of "**healing forward**" from?
- What is one thing you are **grateful for right now**?

**Intentional Closing:** To close out our Circle time together today we will be doing one Circle round and will pass the talking piece in the same order we have been using so far. While passing the piece, we will be passing **gratitude** with it. Person #1 will start and say something they appreciate (from this training or otherwise) about the person next to them (person #2), and share their gratitude for the person's place in this group over the last two days. When you are

finished, thank the whole group for their participation, and come back to our larger group. Thank you!