

Online Circle Value Words

AUTONOMY	HONESTY	GENEROSITY
CONNECTION	MEANING	PEACE
HUMILITY		COURAGE
RESPECT	PLAY	TRUST
LOVE	SAFETY	INCLUSIVITY

Online Circle Guidelines

1. We encourage everyone to know each activity as a voluntary act. We invite everyone to check in with their levels of choice and willingness. For example, you can choose not to speak during a round, and share your story in a subsequent round.
2. Please turn your phones to silent.
3. Please take care of your needs in good time and make sure you have such things as water, tissues, electronic or physical materials such as feelings and needs lists, pen and paper, etc.
4. We use a "Sequential Circle Structure", that is we write a list of names in the chat box and invite people to share in that order. Make a note of the person who speaks ahead of you and after you. Prompting the person who speaks after you is one way of sharing the facilitation of a circle.
5. We use the action of "Unmuting" as a talking piece.
6. It is always ok to pass.
7. We ask everyone to speak and listen with consideration of the whole group.
8. We ask that everyone speak honestly from the heart.
9. We ask that what is heard in the circle stays in the circle. Please keep what you hear confidential.
10. It sometimes takes courage to "speak into the void" as many people have so eloquently expressed in recalling their experience of speaking during their first few online circles. Remember, a silence is always welcome.
11. We want to remind you to be appreciative of yourself for showing up to support both yourself and others in this work!
12. Remember patience, with yourself and with others. Technology can be tricky and we are here to help.
13. Is there anything else you need to feel comfortable taking part in our circle?

Online Circle Guidelines, short version

- This is a voluntary process
- Only the person holding the talking piece / unmute button, is invited to speak
- Please show respect as a speaker and as a listener
- Speak honestly from the heart
- Honor confidentiality, we ask that what comes up in the circle stays in the circle.
- Is there anything else you want to ask of the circle that will support you feeling comfortable and safe and willing to share your stories?