

# Sharing Circle

A ceremonial way to open or close a loop, inspired by key-elements of several ancient tribal cultures' conversation practices.

**TIMEFRAME**

5 – 25 people

**GROUP SIZE**

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**FACILITATION LVL.**

10 – 15 minutes

**COMFORT ZONE**

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## Use it to...

- Close each session with an inclusive practice aimed for active listening and empathy building and also including some "ceremonial" elements.
- Open or close a loop (activity / session / workshop)
- Offer an experience that feels like "ceremonial"
- Foster sharing, active listening and empathy building
- Include everyone's voice

**MATERIALS AND OTHER REQUIREMENTS**

- Talking token (optional)

# Sharing Circle

## Walkthrough

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### 1. Preparation

Ensure that space allows for people to form a circle without obstacles (you may form a circle with seated or standing people, but please avoid to have both at a time).

- *You also may want to select and prepare a suitable talking token.*
- *The most important thing is to carefully prepare the question you will ask the circle: ask something that triggers a personal perspective and opens the field of sharing as inclusive, receptive and safe. You may want to prompt something like "how am I arriving to/leaving from this session" or "what am I expecting to take from this workshop / what most surprised or affected me during this session and why"*

### 1. Setup

Get people to form a circle with you

### 2. Open

If applicable, present the talking token (refer to A5 - Ground rules) - Provide

indications of the flow of sharing (start and direction of sequence; or random)  
 - Highlight "supportive field of awareness", "safe and non-judgemental space", "active listening" and "leanless of speech" as core underlying principles - If this is the first sharing circle with this group, start yourself to set the tone. Otherwise, you may choose either to open or close the circle.

### 3. Share

Stay alert and receptive as an active listener, intervening to clarify or remember rules only if the sharing stream is at risk of being corrupted ((in these cases, you may want to "call for silence" as defined in A5 - Ground rules) - Let all participants share once, before asking if someone feels like adding something

### 4. Close

Thank everyone for sharing and, if time allows, recap what you felt to be the most frequent and surprising insights from the circle.

## Notes and tips

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### At the end...

The sharing circle should wrap up the morning session. As attention-span should be fastly decaying at this time, you should keep it short and move to the clarification of arrangements for the lunch break and/or info on regathering for the afternoon session.