

# Session Structure

10 minutes: Decide roles

5 minutes: Initial sharing by presenter

30 minutes: Go round with questions and reflections from the rest of the circle members

5 minutes: Closing and next steps

*Timings are there to be supportive and make sure there's sufficient time for each of the sections, and one voice doesn't dominate. It works better if you respect them.*

## Decide Roles

Time: 10 minutes

Decide on one person to be facilitator and time keeper for today's session. This will alternate.

Facilitator invites each participant to share a brief headline (max 1 min each) summary of a reflection / problem they would like to bring

You'll come to a collective decision on which reflection will be focussed on today.

## Initial Sharing

Time: 5 minutes

The person whose reflection is the focus shares in more detail. Some helpful sentence starters:

- 'I'd like to explore...'
- 'I'm curious whether...'
- 'I'm uncertain about...'
- 'I can't decide if...'
- 'I'm confused by...'

During this time, the other participants listen closely (note taking may be helpful) and prepare to reflect back.

## Questions & Reflection

Time: 30 minutes

Go round for each other circle member to reflect back and ask questions (max 2 minutes each). The presenter then has an opportunity to answer questions or add any additional reflection before moving onto the next circle member. The reflection and questioning could include:

- A reflection on what you heard
- Questions to prompt further reflection from the presenter (see next page for prompts)

## Closing

Time: 5 minutes

The presenter has 3 minutes to share any last reflections and commitments to next steps.

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