






# Sharing Circle

-  This is your time to speak out about how you feel about anything you are currently going through or struggling with. It is an opportunity to engage with the community and to have space held for you so you can share anything that you would like to discuss.
-  You will be placed in a breakout room with about 3 other supportive, non-judgemental PDS students. The purpose is to help each other grow by sharing challenges vulnerably in order to initiate the healing process. Often when we get the opportunity to voice our thoughts and explain what is going on in our lives, we are able to connect the dots more easily. We can see what is in front of us instead of worrying about what was behind us.
-  You are able to share for up to 5 minutes. After your share, you have the option of asking for any suggestions or advice. This gives you further insight and validation as you feel supported by the group.

## IMPORTANT

We do ask that everyone be on camera as a sharing circle is usually done face to face and it's important for the speaker to be seen and heard by the others. It can be a bit vulnerable but that is the point of the sharing circle, it's through the vulnerable sharing we grow.

Also we please ask that you be on time or no more than 10 minutes late for this routine as once the "circles" are set and the sharing has started, we will not be adding anyone else to the rooms

## WHAT IS A SHARING CIRCLE?

1. A space where individuals listen to each other
2. Where people feel free to express who they are and how they feel.
3. Sharing circles are also known as Healing Circles and offer a safe and accepting environment in which to explore our feelings.
4. By sharing, we access our own inner thoughts and understand where the greatest healing can occur.
5. Encourage people to look within.



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## OTHER INSTRUCTIONS

I will ask that someone volunteer to be the timer for each breakout room. You will need a phone that has a stopwatch timer with an audible alarm on it. You have up to 5 minutes for each share so set your timer for 5 minutes. Hold the phone up to your computer screen if need be to hear the alarm.

The next step is to set an additional 5 minutes for any replies, supportive comments or feedback/advice, if asked for.

I also want to share an article entitled "31 empathetic statements when you don't know what to say". Sometimes it's hard to know what to say to someone who is in deep pain. This gives you an idea of what someone might want to hear when they are needing support:

<https://blog.usejournal.com/31-empathetic-statements-for-when-you-dont-know-what-to-say-edd50822c96a>