Healing Circle
Session 1 Agenda

College of Health & Social Sciences
R.A.C.E. Initiative
Healing Circle: Session One

- **Welcome** (*refer to slides 9 & 10*)
- Read Poem: *When Someone Listens to You Deeply* (refer to slide 2)
- What is a Healing Circle?
  - Discuss what is a **Healing Circle** (refer to slides 3 & 4)
  - Discuss the **Healing Circle process** (refer to slide 8)
    - Discuss **Entering the Circle** (refer to slides 10 & 11)
    - Discuss the **Heart-Sharing Process** (refer to slides 14 & 15)
    - Discuss the **Harvesting Process** (refer to slides 16-18)
    - Discuss the **Closing the Circle Process** (refer to slide 19)
- Develop a **Circle Agreement** with Circle Members (refer to slide 12)

*Healing Circle Toolkit Slides*
Healing Circle: Session One cont.

- Discuss **Circle Roles** (refer to slides 5-7)
  - Circle Members
  - Guardian
  - Host
  - Ask for volunteers for role of Guardian and/or Host
    - If you choose to remain as the host, ask for a Guardian volunteer
    - Option: You (host) and the Guardian may trade roles every other meeting
- Ask Circle Members to **Introduce Themselves** (refer to slide 13)
- **Close the Circle** (refer to slide 19)