SESSION 1: Introduction

Welcome to Session 1! Take some time to review the Effective Circle Keeper Checklist below. Then, set an intention for yourself. We'll do this at the start of every group.

An Effective Circle Keeper:

- ☐ Goes into the session prepared and organized. Doesn't wing it.
- ☐ Sets the tone – It is the Circle Keeper's job to establish a calm, non-judgmental, and respectful vibe for the group.
- ☐ Is a good listener (some traits of good listeners: they are present, have an open mind, have empathy, not on the defensive, pose good questions, are okay with being uncomfortable).
- ☐ Accepts where others are in their lives.
- ☐ Shows respect to others even when the other person may not be acting respectfully. Shows this through their words and actions.
- ☐ Is committed to always seeing the Core Self in the participants.
- ☐ Practices forgiveness on neutral territory.
- ☐ Has their own spiritual practice.
- ☐ Is aware to not take on the Circle Keeper role as a way to power trip.
- ☐ Is willing to share the role of Circle Keeper. (It is best to have co-Circle Keepers.)
- ☐ Knows how to handle their own stress – is a role-model for how to handle stress.
- ☐ Is aware of their negative feelings or judgements toward any individuals in the group – and then works to transform them.
- ☐ Has a commitment to being flexible and patient – groups may not always go the way you would like them to. Knows that there may be "challenging" sessions.
- ☐ Maintains a sense of humor and perspective!
- ☐ Is patient with the participants, understanding that they are still growing and maturing.
- ☐ Self-disclosure: Thinks ahead of time what is useful to share from their own life experience and what is helpful to them but might not be helpful to others (i.e., venting about the CO's or over-sharing about one's trauma).
- ☐ Walks the walk – i.e., if you are teaching meditation, be meditating in your own life. Doesn't teach one thing in class and live a different lifestyle when in population. ***Leads by example.***

My Circle Keeper Intention for Today's Group is: _____

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