

Empathy & Solidarity Circle

--a safe, confidential, open-minded space

Instructions for conversations in groups of 3

5 min	Speaker 1	Share what you choose: 1. What you feel right now <u>or</u> 2. Something that is challenging to you now <u>or</u> 3. How the theme has affected you <i>Focus on your feelings, sensations and emotions</i>
	Listeners	Hold an open, accepting, sensitive space
Pause		
2 min	Listeners	Share “how the sharing impacted me”, 1 min each

Rotate to next speaker and repeat.

Watch the screen for reminders to switch to the next step.

Groups of 2:
*use the last 7
minutes for mindful
conversation*

Tips

No need to introduce yourself.

When your time is up, pause. No need to finish anything.

If you need help, come back to the main room.