

Sharing circle

A group discussion process in which participants (including the leader) share their feelings, thoughts, insights



<https://pixabay.com/en/shoes-sneakers-stand-in-a-circle-2586313/>

*“By sharing we stand prepared to build relationships and give wings to humanity.”
Kishore Bansal*

Tag: social: deep connection

Challenge:

Not knowing where we are and how we feel can create a shift between us from an emotional, physical or mental level. We can hurt each other or even ourselves.

The results of our collaboration are influenced by all the emotions, thoughts and physical tensions participants have.

Solution:

Sharing circles, before working, before practicalities, to know about us and about each other. Using an indigenous method wisdom we arrive in a space where we offer and we build trust, we learn vulnerability and build responsibility.

Reference:

https://works.bepress.com/nolan_l_cabrera/32/

<http://kidshealth.org/en/kids/talk-feelings.html>

<http://www.innerchoicepublishing.com/circleInfo.html>

Submitted by Romania in Transition Association A.R.T