

"Talking Circles are an Indigenous Way of healing, sharing and learning. "The Talking Stick and Related Teachings were prayerfully passed on to by Elder's, Abe Burnstick, Dakota/Cree and Eddie Belrose, Cree, at the Sweat House Lodge, in Corvallis, Oregon, in 1975."



WHAT IS SHARED IN THE CIRCLE STAYS IN THE CIRCLE. CONFIDENTIALITY IS ESSENTIAL.

NO PUT DOWN OF SELF & OTHERS

● Privacy is Sacred.

● Share Time Equally & Justly.

● Actively Listen with Love & Compassion.

● Everyone is Invited to Speak

● No Put Down of Self & Others

NO JUDGEMENT

● No Judgement

● Open Mind

Silence is an acceptable Response

Facilitator

SHARE on Heartfelt issues, principles and challenges not on personality

5 - 9 Participants are ideal.

ONLY 1 person speaks at a time

NO ONE speaks 2X till everyone speaks once!

EVERYONE is invited to speak!

TALKING CIRCLE GUIDELINES

2rowflow
Cultural Commons
Cultivating Right Relationships

*Adopted from the Four Worlds Talking Circle Leadership Programme with Permission, May 2020
for more details go to <https://www.fwii.net/>