



Structure for Wellness Check-In Circle

1. Gather
2. Review check-in Circle Process
 - a. We are here to share something you want to release: big thing, little thing or medium thing. Personal or Professional.
 - b. When someone is done sharing, we will call out names as we see them on the screen. Feel free to pass if you're not yet ready and we'll come back to you.
 - c. When someone is sharing – we listen (no question asking) and then when they are done – we say, "Thank you." Or similar.
 - d. Using "I" statements is a good way to go.
 - e. We will model this in a moment.
 - f. Here's the list of criteria you came up with to feel safe sharing.
 - i. What's missing?
 - ii. What can't you commit to?
3. 2 minute-ish mindfulness sit
4. Check-In Circle: model and then do.
5. One-word check-out. "What's one word that describes you right now?" or "What's one word that describes your experience of the check-in circle?" or what you will:)