



Circle Agreements

To ensure the safety and integrity of the circle, by attending, you agree to honour these words.

1. This is a space that can hold your experiences and your stories. This is a brave, loving, compassionate, gentle space.
2. We care that what is shared in circle is private and stays in the circle and in our hearts.
3. We do not offer any solutions, advice or 'rescue' anyone.
4. We do not begin separate conversations or talk over others; we let each woman speak until she is finished, allowing space for silences and gathering our thoughts.
5. Silence is welcome as much as stories and sharing. We can be with the quiet for as long as we need. It can offer us an opportunity to deepen our experience together.
6. We welcome speaking and sharing as much or as little as you need.
7. Everybody is welcome here exactly as they are. We all bring no expectations or judgements.
8. We will listen with attention and speak with intention.
9. There is an invitation to connect with your innate wisdom and that of each woman here, so that we may allow ourselves all to be with the collective magic of the circle and what we can all offer and receive.
10. We understand we are all human beings with imperfections and blind spots, all walking a path of learning together.