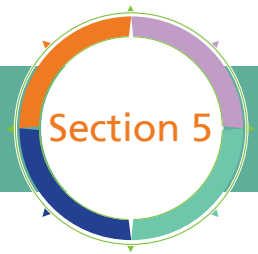


Expectations from Self and Others



Staff Support



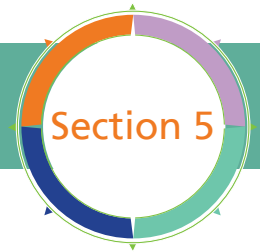
Circle Agenda

Agendas created in partnership with



Circle Topic		CR Session 5: Expectations from Self and Others
Planning:		
Purpose of circle/ Learning objectives	We are learning to identify the expectations we have for ourselves and for others and whether these expectations are helpful or holding us back.	
Materials/preparation/time	<p>Time: 45-50 min</p> <p>Materials: Circle kit, values and shared agreements created in first session, pens and note cards</p> <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>	
Welcome/opening	<p>“As educators, we are taught to have high expectations for our students and to hope that those expectations will drive them to do better than they otherwise would have done. Our expectations of ourselves or the expectations placed upon us can be realistic or unrealistic, helpful or hurtful. When our expectations are made explicit and realistic, they can be the foundation for dreams, ideas and possibilities. They can feed us and inspire us and help us to show up in our lives. If we are holding ourselves or someone else to an unrealistic standard, then we can learn to adjust these expectations.”</p> <p>— CR Toolkit</p>	
Check-in or community-building activity	<p>1. (Talking piece) How are you doing on a scale of 1-5? If you could learn one new skill instantly what would it be?</p>	

Expectations from Self and Others



Circle Topic	CR Session 5: Expectations from Self and Others
Guiding questions	<ol style="list-style-type: none">1. (Talking piece) Explain that this round is meant to be a brainstorming session and the talking piece should move quickly around the circle multiple times until many of the common expectations educators have for themselves and others in the workplace are expressed. Ask for a volunteer to start and as the talking piece goes around each participant can share an educational expectation they have for themselves or others.2. (Popcorn) How many of the expectations we shared are unhelpful and lead to negative feelings? Explain: Unhelpful expectations can create negative feelings when our goals seem constantly out of reach or they leave us feeling like we aren't "good enough." Expectations rooted in the future can keep us from being present. It is important to practice setting expectations that help us be our best selves. Often the most helpful expectations stem from our core values, how we want to show up in the world, are focused on the present, are within our control and can serve as a guide to daily living. Review values and shared agreements from the very first circle. Ensure that all values are placed in a circle around the circle centerpiece. Remind participants that the term shared agreement is same thing as an expectation agreed on by a group of people. The shared agreements created during the first circle are meant to serve as group expectations that ensure the safety of participants while in circle. Today we are revisiting our core values and circle shared agreements to think more about developing personal expectations that will help us be our best selves at work. Pass out a new note card that each person will hold on to.3. (Talking piece) Think back to the area of the wellness compass that you wanted to focus on strengthening throughout the year. Share again with the circle what area you chose: heart, spirit, mind or strength and why you want to focus on that particular area.4. (Talking piece) Set an expectation for yourself by writing down an action or behavior that you can do to strengthen this area. Share what you wrote with the circle.5. (Talking piece) Share what your co-workers could do to help you practice your expectation.
Check-out/check for understanding	Talking piece: Share a thought of gratitude based on what was shared during today's circle.
Closing	Pass a smile.