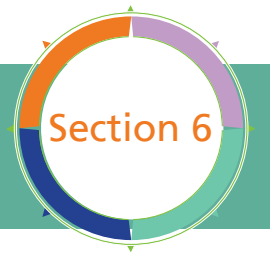



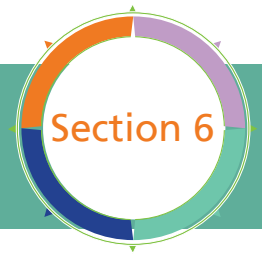
Compassionate Boundary Setting to Build Compassion Resilience



Agendas created in partnership with 

Circle Topic		CR Session 6: Compassionate Boundary Setting to Build CR
Planning:		
Purpose of circle/ Learning objectives	We are learning how to set boundaries that will help us build compassion resilience.	
Materials/preparation/time	<p>Time: 45-50 min</p> <p>Materials: Circle kit, values and shared agreements created in first session, markers and large post-it paper</p> <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>	
Welcome/opening	<p>“Without boundaries, you will act, sleep, work, groan, feel used and fulfill basic responsibilities rather than make choices to live and love fully, to work hard and nobly, to fulfill your purpose and to contribute passionately to your world.”</p> <p>— Better Boundaries: Owning and Treasuring Your Life</p>	
Check-in or community-building activity	How are you doing on a scale of 1-5? If you had a free day to do anything you wanted what would you do?	

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Circle Topic	CR Session 6: Compassionate Boundary Setting to Build CR
<p>Guiding questions</p>	<p>Zone of Helpfulness Activity: Post 3 large sheets of post it paper around the room. Put one of the following titles on each piece of paper:</p> <ul style="list-style-type: none"> ▪ Lack of involvement in work ▪ Important to the mission and well-being of the school ▪ Over-involvement in work <p>Give each participant a marker and ask them to walk around the room and write behaviors they feel would demonstrate the attitudes written on the top of the post-it papers.</p> <p>Take the post-it paper with the behaviors listed under important to the mission of the school and ask participants to answer the following questions:</p> <ol style="list-style-type: none"> 1. (Talking piece) What is a boundary that you could put in place that would promote the behaviors listed on the post-it? (Record participant answers on another post-it sheet for all to see.) 2. (Paired activity) Ask participants to get into pairs and practice how they would state the boundaries listed in the moment. When completed, ask some of the partners to share out example statements for each boundary. 3. (Popcorn) Ask for a volunteer or two to share a story of when they successfully set a new boundary that promoted positive change in their life. 4. (Talking piece) Share a possible organizational policy the school could add to support one of the shared boundaries identified. (Ask for a participant to record suggestions shared by the group. If there is not time to complete this round, participants could be asked to write a policy idea down on a piece of paper to be collected, recorded and emailed out later.)
<p>Check-out/check for understanding</p>	<p>After reflecting on boundary setting, what is one boundary expressed today you plan to begin or continue to uphold?</p>
<p>Closing</p>	<p>And then I learned The spiritual journey had nothing to do with being nice. It had to do with being real and authentic. Having boundaries. Honoring and respecting my space first, others second. And in this space of self-care, being nice just happened, it flowed... not motivated by fear, but by LOVE.</p> <p style="text-align: right;"><i>By Michelle Olak</i></p>