




Agendas created in partnership with 

Circle Topic	
CR 9: Wellness and Resilience Strategies: Spirit	
Planning:	Send document for distribution from the website to all circle participants at least 4 days prior to the circle.
Purpose of circle/ Learning objectives	We are learning how to focus our energy, passion and growth and build a resilient spirit by exploring our sense of purpose.
Materials/preparation/time	Time: 45-50 min Materials: Circle kit, values and shared agreements created in first session Set-up: Up to 15 chairs arranged in a circle without furniture in the middle

Welcome/opening	<p>"To begin to think with purpose, is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment." — James Allen</p> <p>Explain: Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we seek to serve; this may feel like we are not serving our purpose. In order to support our spirit, we need to see evidence that we are making a difference in the lives of our students and to understand that they have a reservoir of resilience that, when combined with effective supports, can lead to successful and satisfying lives.</p>
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Wellness and Resilience Strategies: Spirit



Circle Topic	CR 9: Wellness and Resilience Strategies: Spirit
Guiding questions	<ol style="list-style-type: none">1. (Talking piece) What lead you to the field of education?2. (Talking piece) Where in your work day do you feel most alive?3. (Popcorn or choose what number of participants have enough time to share out) Share a story with a beginning, middle and end about a time when you saw the fruits of your labor and experienced a positive outcome from your efforts working with a student, class or family.4. (Popcorn) How might we consciously seek out more positive stories about the impact of our work?
Check-out/check for understanding	<ol style="list-style-type: none">1. (Talking piece) What is one thing you are going to try to start or continue that will bring joy and play into your workday?
Closing	<p>(Activity) Guided Meditation for Relaxation</p> <p>Guide participants through a grounding exercise. Ask them to sit with both feet on the floor, backs straight but relaxed and away from the back of the chair, palms on knees, and eyes either closed or softly open. If eyes are open, it is helpful to focus on the circle centerpiece.</p> <p>In a calm and soothing voice, guide them to relax their minds and bodies. Ask them to quiet their minds by simply noticing when thoughts come into their minds and allow them to leave without attention to them. Guide them to relax their bodies from head to toe, one area of their bodies at a time.</p>