
Connection Circles

What is a Connection Circle? It's a group that provides a supportive environment for mastering the Connection Practice and building deep friendships.

empathy + insight = connection

What is the purpose of Connection Circles? A Connection Circle reinforces the skills you have already learned so you can resolve issues and celebrate life. You will experience accelerated personal and professional growth by:

- continuing to build your feelings and needs vocabulary and enhance self-empathy and empathy for others
- reinforcing the experience of coherence so that you can attain it whenever needed
- accessing insights quickly and efficiently for practical application in your daily life

Who can attend a Connection Circle?

- Anyone who has taken a Connection Practice workshop or course

Note: Members of circles may permit newcomers who are curious about the Practice to attend with the understanding that they may observe and listen. People who haven't yet learned the Practice often struggle and lack confidence if they participate without any preparation. In addition, regular Circle participants may feel frustrated when time is taken to teach newcomers the basics. The decision to allow newcomers to attend should be made by unanimous consent of the members so that emotional safety is sustained in the group.

What is the ideal number of people in a Connection Circle? For in-person groups, 4-8 people are ideal depending on the length of the meeting. When more people attend, the group can begin and end together and break up into smaller circles to practice. For online Connection Circles, it's best to limit attendance to four participants. This allows for full participation and an enriching experience in a one-hour session.

How do you start a Connection Circle? A certified Connection Practice coach who is willing to lead the group initiates and registers it at www.connectionpractice.org. As people master the Practice, the coach may mentor someone in the group to take over the leadership role. Once that person has demonstrated mastery of the Practice, as determined by the coach, he or she can assume leadership of the circle.

How often does a Connection Circle meet? Most circles meet every other week, typically for 1-2 hours for in-person groups and 1 hour for online groups.

What materials are needed? The leader provides a Feelings and Needs list for every participant.

How much does it cost? The Connection Practice coach sets a price for participation and participants pay directly to him or her.

The coach requests that each participant become a member of Rasur Foundation International, which is achieved through a donation. Each person can go to the donate button on the home page of www.connectionpractice.org and choose an amount for the donation. These funds support the infrastructure needed for Connection Circle groups to succeed and help spread the Connection Practice.

Connection Circle Format

1. Make a circle.
2. The Connection Practice coach leads everyone in the Quick Coherence Technique.
3. The coach reminds everyone to give empathy, not advice or strategies (e.g., are you feeling ... because you need ...), and asks who would like to begin.
4. The first person shares a challenge with another person, an inner issue, or a celebration. The person next to them in the circle guesses their feelings and needs and asks them to identify the main met or unmet need.
5. When the first person is complete, the person who gave them empathy shares. This process is repeated until everyone in the circle has had a chance to share and has identified a main met or unmet need.
6. At times, the person who receives empathy is so moved emotionally that it is challenging for them to give empathy to the next person. In that case, skip that person and move on to the next one.
7. The coach asks everyone to remember their main need, met or unmet. Then the coach leads everyone into coherence so they can access a Heart-Brain insight. The coach speaks the three steps of coherence and is silent after that.
8. After everyone has their eyes open, the coach asks if anyone would like to share. Participants can share their insights but do not analyze them. It is important to respect each person's insight and not allow participants to comment on them.
9. Lastly, the participants stand and make a circle (online this is a visual connection). Each participant shares a need that has been met during this group session (e.g., My need to be heard and understood was met today."). They close by saying, "Let's stay connected!"