

## Healing Circle Agenda

1. Welcome + Agreements (5 min)
  - Confidentiality, step up/step back, call in with care.
2. Grounding (5 min)
  - Guided breathing or stretch.
3. High/Low/Request Round (20 min)
  - Each person shares: one win, one challenge, one request.
4. Collective Decisions (10 min)
  - Capture what to pause/delegate/resource based on shares.
5. Close (5 min)
  - Appreciation round + remind folks of support resources.