

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.