

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.