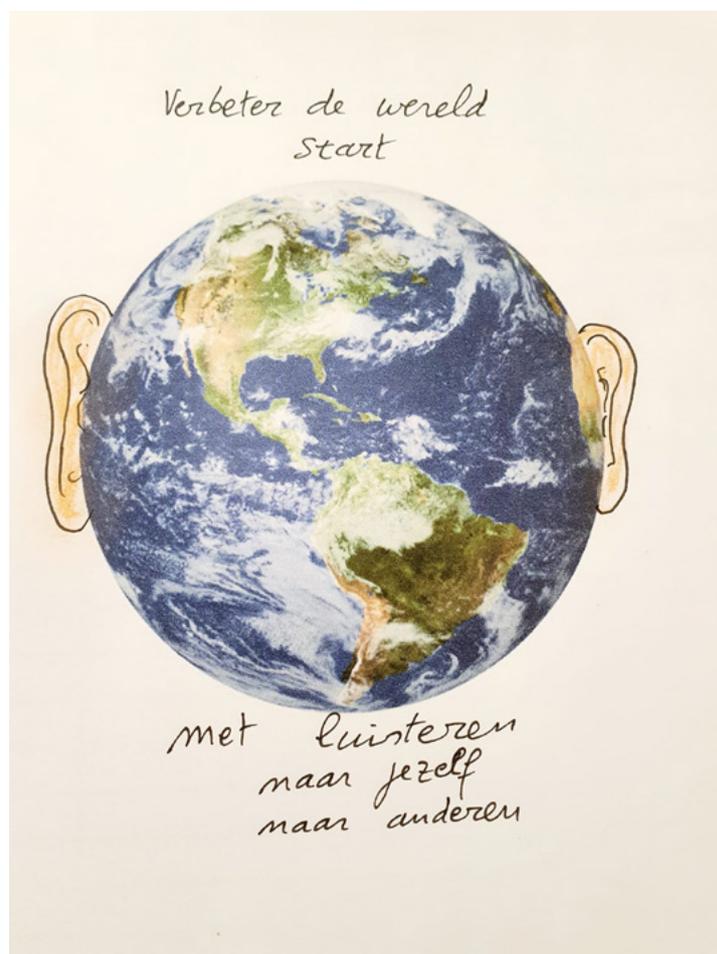


**CIRCLO**  
**«DO IT YOURSELF»**  
**CARD KIT**



**PRINT IT AND FOLLOW THE STEPS**

**FROM A to E**

**FROM 1 to 11**

## A. SETUP - WHAT IS IT ABOUT ?



Deep listening is about connecting people : sharing what animates us, our values, our interrogations, and listening to each other in a respectful way. It can be done spontaneously, with no agenda, in a more formal way with an agenda or in **the circolo's way**. In any case, you will require a minimum "set-up" :

**1 talking stick**

(it can be any object you have with you)

**1 facilitator**

(s.he will explain the setup)

**min. 3 people**

(our advice is to start with 4 people, facilitator included)

**+ 1 speaker and internet (Circolo's way)**

(to listen to an extract or episode from our podcast)

HERE : [www.circolo.be](http://www.circolo.be)

## B. OK ! LET'S TRY : FACILITATE

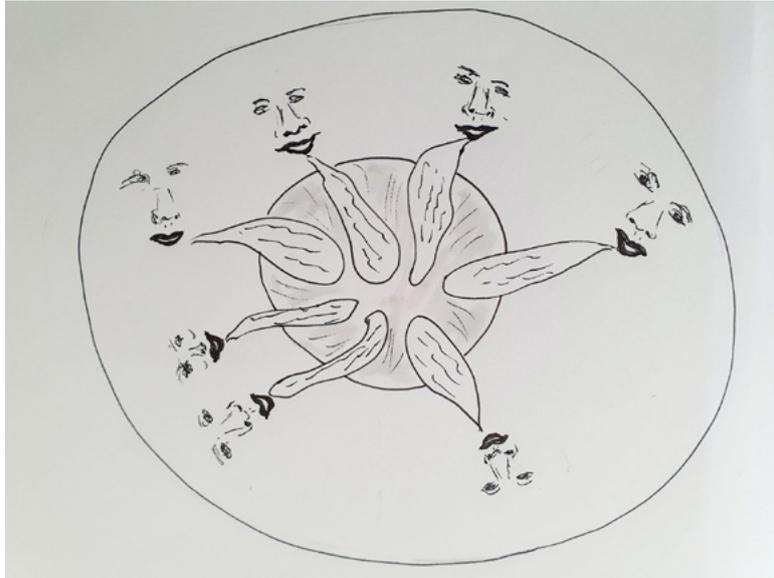


First, clarify your role: briefly tell the group that you will explain the instructions and then ensure that the dialogue goes smoothly.

Also agree with participants that what is said in the circle stays in the circle.

Circlo's way : you will be in charge of the technical aspect : finding, playing and stopping the chosen extracts or episodes, managing the volume so that everyone can listen.

## C. FIRST STEPS : SET UP THE MIND



1- Invite for a moment of silence (min. 30 sec) and take place in a circular shape.

2- Invite to speak authentically : express what comes from deep in the guts, not from what you think. Tell the group there are no concrete objectives, no goals to reach, no outcome to expect.

3- When someone is talking, no one should be thinking about the answer one wants to give. Ask all to be fully present and fully listen to the person who speaks, without judgment for what is said.

4- Invite the participants of the circle to be aware of their own resonance or emotions about what is being said.

## D. NOW, MIND IS READY, LET'S LAUNCH THE CIRCLE



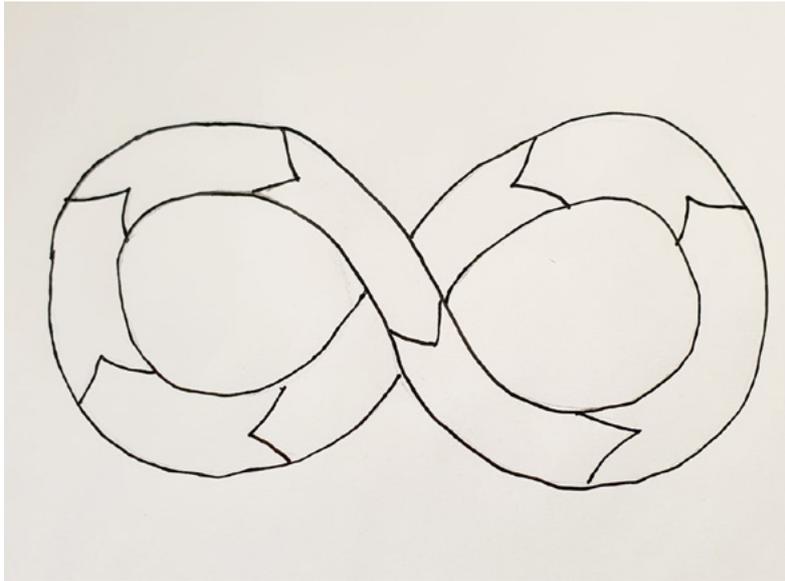
5- Introduce a talking stick. Explain that when one holds the talking stick, one can choose to speak or stay silent, or simply pass it on. Deeply listen to the one who has the stick.

**6- Circolo's way : use an extract or a full episode of our podcast as a trigger to the process. Listen to it in silence then go to step 7 and 8 and repeat with new extracts or episodes.**

7-Invite a first volunteer to take the talking stick. Be patient. Allow for a long silence before someone starts to share. Start yourself as a last resort should nobody volunteer.

8- The circle will end when the sharing of expressions dries up or when the agreed end time is reached.

## E. EVERYTHING AS AN END..



9-At the end, thank and invite each participant to share briefly what they have experienced.

10-Refer those interested in organizing a deep listening circle themselves to the Circlo website.  
[www.circlo.be](http://www.circlo.be)

11-Circlo would be delighted to receive a brief reflection on your experience and lessons learned as a facilitator.