MONTH 1

CONNECTING WITH YOUR CIRCLE

GETTING TO KNOW EACH OTHER

INSTRUCTIONS

LEAN IN
Activity (60 minutes)

1. Separate the Connection Cards into Question Cards and Check-in Cards.

2. Hand one Check-in Card to each Circle member. Circle Members can use a Check-in Card at any point to ask a fellow tradeswoman how they are feeling after sharing something personal. This demonstrates support and increases closeness within the group. The responding Circle member answers by completing the sentence “I am feeling...” Each Circle member may use their Check-in Card twice.

3. To start, one Circle member draws a Question Card, places it in front of them, and answers the question.

4. The next Circle member can either answer the same question or draw a new Question Card and answer that instead.

5. The third Circle member can answer any card that’s already been used or draw a new card. And so on...

6. Try to share as many answers as possible in the time allowed.

(Flip card)
INSTRUCTIONS

7. Avoid asking a lot of follow-up questions. Moving quickly through the deck will give everyone a chance to respond to many questions.

8. Take turns answering Question Cards until you’ve completed the deck or there are 20 minutes left in the meeting, whichever happens first.

Meeting wrap-up (20 minutes)
Close the meeting with the Wrap-Up and Reflect and One Action (refer to the Moderator Guide for instructions.)
CHECK-IN

How are you feeling?
CHECK-IN

How are you feeling?
CHECK-IN
How are you feeling?
CHECK-IN

How are you feeling?
CHECK-IN
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CHECK-IN

How are you feeling?
CHECK-IN

How are you feeling?
CHECK-IN

How are you feeling?
CHECK-IN

How are you feeling?
CHECK-IN
How are you feeling?
What are you most proud of?
Tell us about a time when you overcame a challenge.
What do you most regret?
When have you felt most powerful?
When have you felt least powerful?
What is one thing about yourself that you wish you could change?
What brings out the best in you?
What is one thing in your life that you wish you could change?
Who do you admire most and why?
A year from now, what will you wish you had done today?
Who do you envy most and why?
If you could give one piece of advice to your younger self, what would it be?
If there was one more hour in the day, what would you spend it on?
If you could ask for anything, what would you ask for and who would you ask?
If you had to describe your life in three sentences, what would you say?
How would your closest friend describe you?
What are the three things you most value? How does your daily routine align with these values?
Who’s had an impact on your life who you haven’t thanked? Why?
What makes you happy? Why?
What makes you sad? Why?