

MONTH 1

CONNECTING WITH YOUR CIRCLE

GETTING TO KNOW EACH OTHER

INSTRUCTIONS

LEAN IN

INSTRUCTIONS

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?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

CHECK-IN

How are you feeling?

LEAN IN

QUESTION

What are you most
proud of?

QUESTION

Tell us about a time
when you overcame
a challenge.

QUESTION

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?

QUESTION

What is one thing in your life that you wish you could change?

QUESTION

Who do you admire
most and why?

QUESTION

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?

QUESTION

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?

