

# CIRCLE MEETING Connection Cards

# **OVERVIEW**

### **Overview**

- Connection activities are focused on sharing personal stories and benefiting from your Circle's ideas, experiences, and support.
- The Connection Card activity uses a series of questions to facilitate the process of sharing deep information with one another quickly.
- The goal of this activity is to get to know one another better by answering questions and sharing a lot of information fast—think of it as table topics for your Circle!



Brought to you in partnership with Carole Robin from the Stanford Graduate School of Business and based on a similar activity originally developed by Stanford's Interpersonal Dynamics course faculty.

# MEETING GOALS

## **Meeting goals**

- 1. Get to know yourself and your Circle on a deeper level.
- 2. Build trust with your Circle by opening up and sharing personal stories and experiences.



# **MEETING AGENDA**



### Meeting agenda

~90-100 minutes (based on 10-member group size)

#### Check-in — 15 min

Warm up, catch up, and get going

#### **Activity 1: Connection Cards — 40 min**

Deepen your understanding of yourself and your fellow Circle members

#### **Activity 2: Connection Card Debrief** — 15 min

Discuss what makes it easy or hard to share and the role of gender in sharing

#### One Action — 15 min

The little push you need to go for it

#### Wrap-Up — 10 min

What's next and a few final words

# **CHECK IN**

Approx.15 minutes

### **Step 1: Icebreaker**

Let's go around and introduce ourselves.

- My name is...
- I spend most of my time...
- I joined this Circle because...



### **Step 2: Agree on Circle Fundamentals**

#### **CONFIDENTIALITY**

Trust is crucial. What happens in your Circle should stay in your Circle.

#### **COMMUNICATION**

Commit to share openly and honestly—and to listen with empathy.

#### COMMITMENT

Everyone should be invested in your Circle's success and fully present at meetings.

# **ACTIVITY 1:** Connection Cards

Approx.40 minutes



## How to play virtually:

- Take turns answering the question on the screen
- 2. If you don't want to answer the question, you can say pass, but try to stretch outside your comfort zone!
- 3. Repeat with every new card

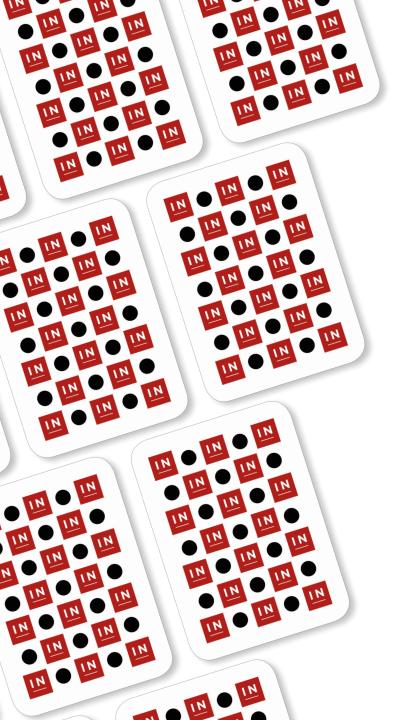
NOTE: To help the activity run smoothly virtually, decide on the order first and mute yourself while others are talking.

## **Setting the tone**

- Confidentiality is key
- Everyone should participate
- Stretch outside your comfort zone

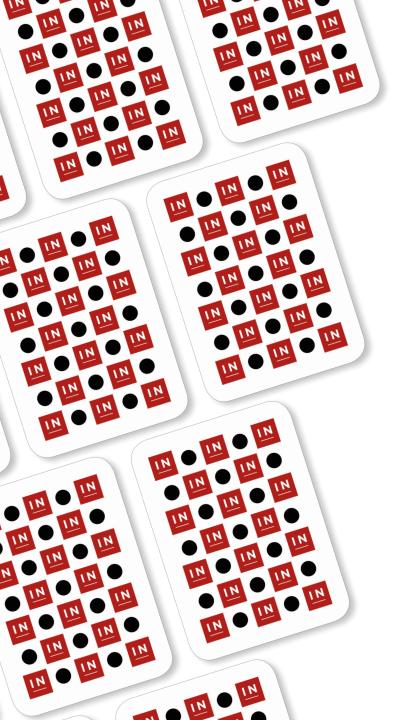


# LET'S GET STARTED . . .



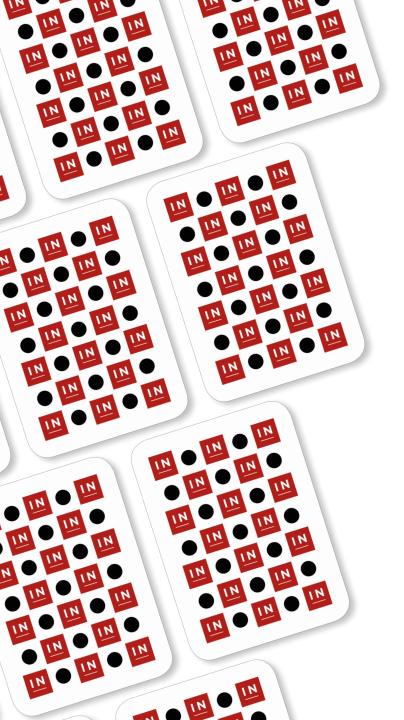
# What are you most proud of?





# What do you most regret?





Tell us about a time when you overcame adversity.





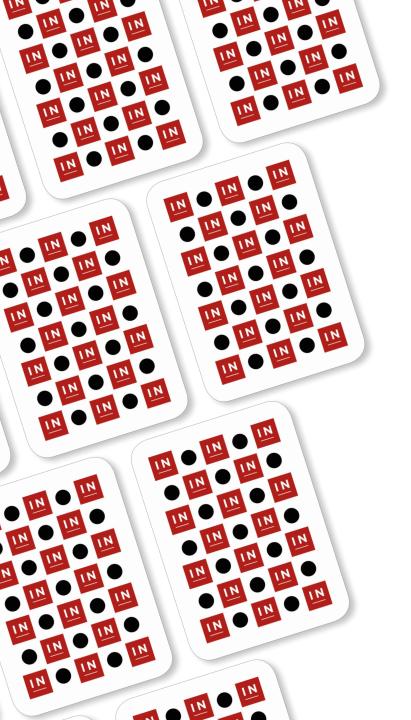
# When have you felt most powerful?





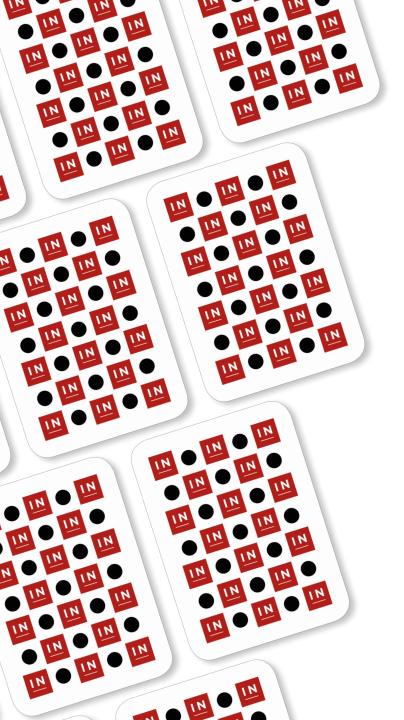
# When have you felt least powerful?





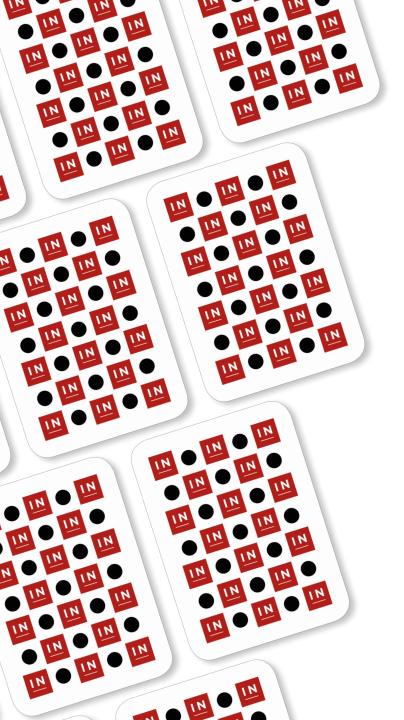
# What brings out the best in you?





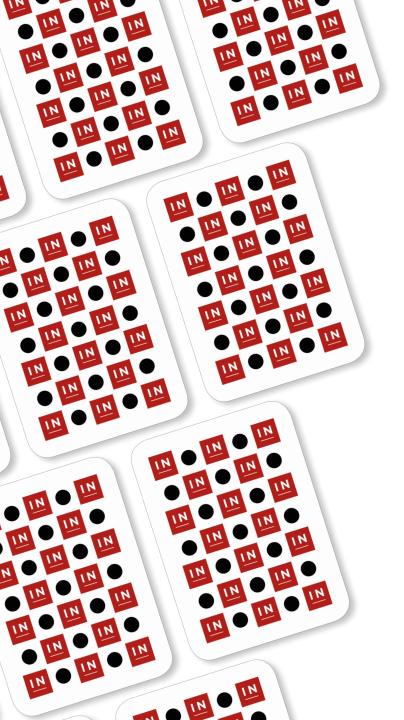
What is one thing about yourself that you wish you could change?





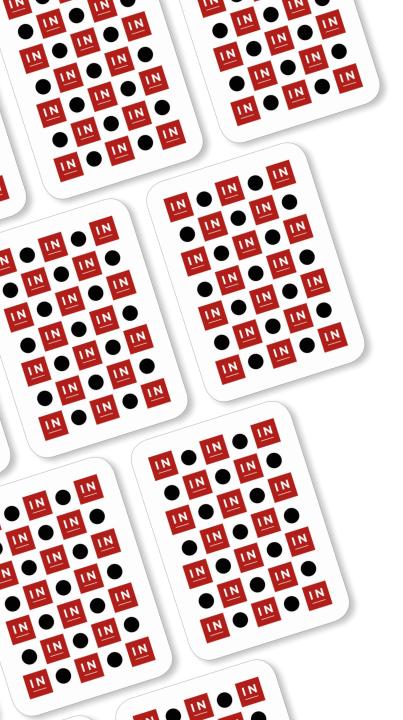
What is one thing in your life that you wish you could change?





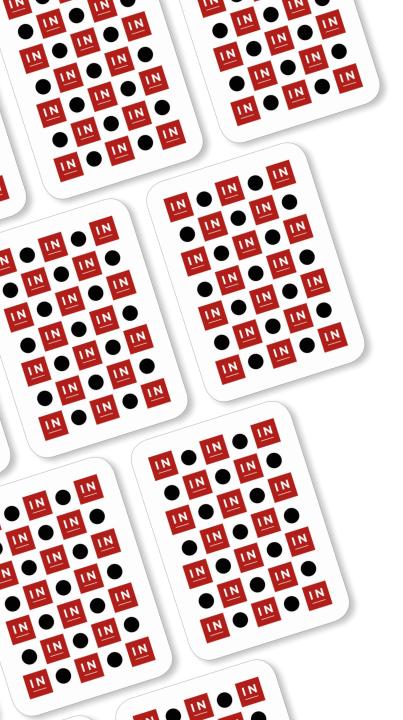
# Who do you most envy and why?





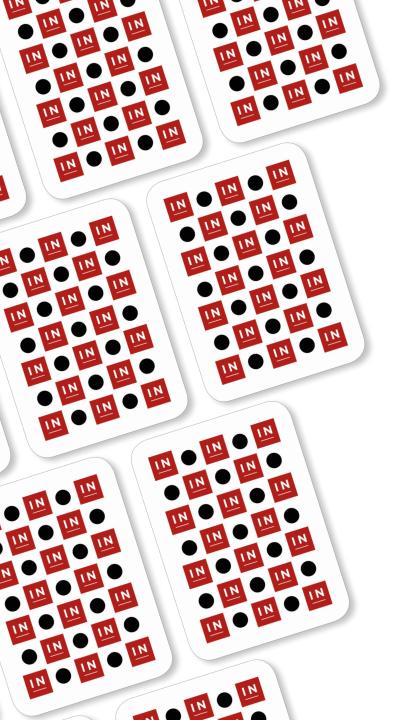
A year from now, what will you wish you had done today?





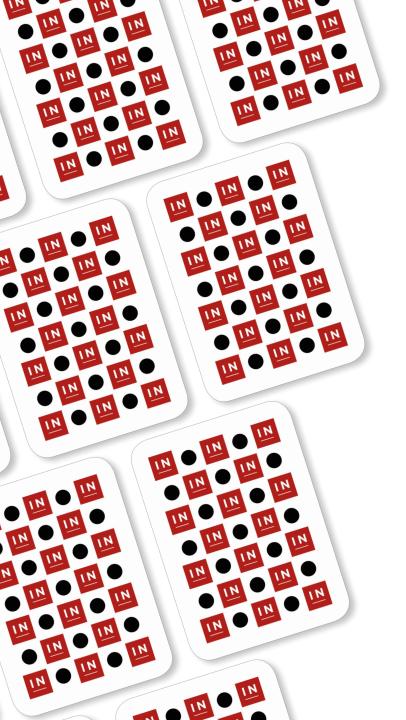
If you could give one piece of advice to your younger self, what would it be?





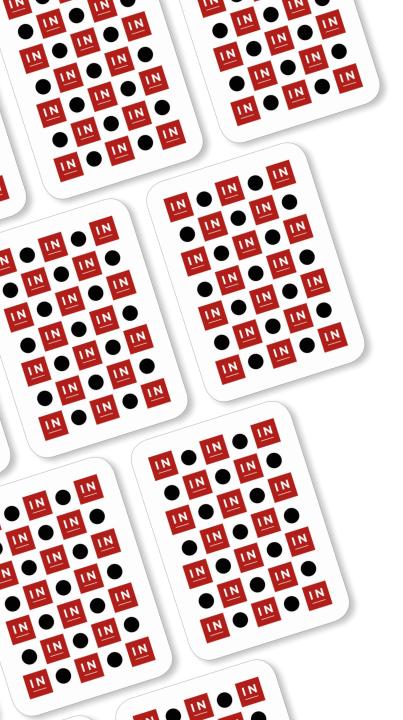
If there was one more hour in the day, what would you spend it on?





If you had to describe your life in three sentences, what would you say?





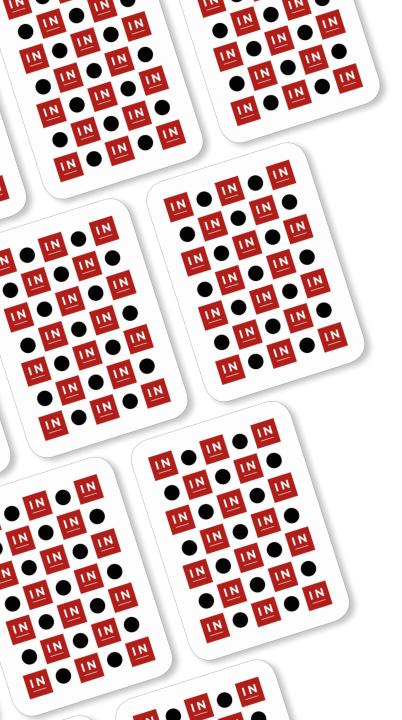
If you could ask for anything, what would you ask for and from whom?





# How would your closest friend describe you?





What are three things you most value? How does your daily routine align with these values?





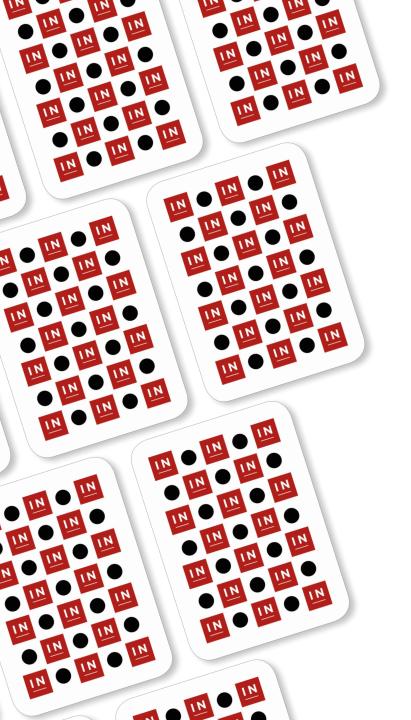
Who's had an impact on your life who you haven't thanked? Why?





# What makes you happy? Why?





# What makes you sad? Why?



# **ACTIVITY 2:** Connection Card Debrief

Approx.15 minutes



## **Activity debrief:**

~15 minutes

- Discuss what makes it easy or hard to share and the role of gender in sharing.
- 2. How did it feel to share openly and listen to others share, in this small group setting?
- 3. Did anyone share anything that resonated with you or surprised you?
- 4. How often do you have conversations like this today in the workplace or your personal lives?
- 5. Can you think of what some of the benefits might be of having these conversations more often?

## **ONE ACTION**

Approx.15 minutes

### Step 1: Identify the action you're going to take

What action do you commit to taking before the next meeting?

→ Before our next meeting, my One Action is to...



### Prompts to help you decide your One Action

→ Did any of the Connection Cards resonate with you today?

For example, you might say, "The card that read 'Who's had an impact on your life whom you haven't thanked?' made me think of my college research mentor. I plan to send her a card thanking her for her years of mentorship and sharing how it continues to impact me."

→ Alternatively, choose an action based on a thought or a feeling that came up for you during the activity.

For example, you might say, "I should open up more to my sister about what is really important to me to bring us closer together. I plan to call her this week and spend quality time catching up."

→ You can also use one of the following:

Schedule time to catch up with a person you've been meaning to spend more time with before your next meeting.

If there was one more hour in the day, what would you spend it on? Make time for this three times before your next meeting.

### Step 2: Share your One Action with your Circle

- One by one, go around the Circle and share the action you commit to taking before our next meeting.
- We're going to move quickly from member to member and cheer one another on as we go.

NOTE: Remember to come prepared to give an update on your One Action during our next meeting.

# **WRAP UP**

Approx.10 minutes

### Step 1: Finalize logistics for your next meeting

Before we break, let's cover the basics for our next meeting: day and time, location, food and drink. We'll also decide if we will keep the same moderator for our next meeting or if someone else wishes to take on that role. Lastly, let's talk about what worked—and what didn't—in today's meeting and brainstorm improvements going forward.

### Step 2: Close on an energetic and inspirational note

To punctuate the end of this meeting, let's go around our Circle one by one and each share three words that describe how you're feeling right now.

# CONGRATULATIONS ON A GREAT CIRCLE MEETING!