



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:



1. 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?



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What do you
most regret?



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Tell us about a
time when you
overcame
adversity.



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When have you
felt **most**
powerful?



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When have you
felt **least**
powerful?



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What brings out
the best in you?



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



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



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Who do you
most envy and
why?



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



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



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



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



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



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How would your
closest friend
describe you?



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



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



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What makes
you happy?
Why?



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What makes
you sad? Why?



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ACTIVITY 2:

Connection Card Debrief

Approx. 15 minutes

Activity debrief:

~15 minutes



1. 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!**