



Preparing to co-host a healing circle

During the first Zoom session in this training series, your mentors assume the roles of host and guardian. After that, you and your fellow trainees will have the opportunity to take on those roles. As the video on circle fundamentals explains, both roles are important.

Before your first training session, you'll be paired with a fellow trainee who shares your interests or lives in/near your time zone. The first time you and your cohort meet, you'll learn who your teammate is and when the two of you will co-host a circle.

Please meet with your co-host via phone or videoconference to plan your circle in advance.

It's important to make time for this planning conversation because it:

- sets the stage for the collaborative relationship between the two of you as host and guardian, which affects everyone in the circle.
- gives you the opportunity to practice in a [circle of two](#).
- helps you achieve clarity around how you want to hold your healing circle.
- contributes to skillful hosting by giving you the opportunity to prepare skillful questions.

We suggest the following process when you meet:

- Start with a bell to come into presence, followed by a check-in and a conversation around what kinds of circle topics interest you.
- As a starting point, you might want to consider the nine categories in which Healing Circles Global currently has offerings. They'll give you ideas for the type of circle you could design:
 - [Coming Together](#)
 - [Living with Cancer](#)
 - [Supporting Healthcare](#)
 - [Grief and Loss](#)
 - [Race, Culture, and Identity](#)
 - [Expressive Arts](#)
 - [Life Passages](#)
 - [Regions/Languages](#)
 - [Caregivers](#)

- After you decide on a theme, develop your check-in, heart-sharing, harvest, and closing questions. For example, if you're interested in caregiving, you could design your questions with that in mind. There are sample scripts that you're welcome to adapt toward the bottom of the following pages: Part 2 (for the circle hosted by team A), Part 3 (for the circle hosted by team B), Part 4 (for the circle hosted by team C). You can use the suggested meditation and/or poem in the script, or find your own.

In the confirmation and reminders that you receive via email, you'll find an email address that enables you to reach everyone in your training group, including your mentors. This group will be populated with the email addresses of your cohort after your first Zoom session. If you have a question, there's a good chance that others will, too, so feel free to send your questions to that email address.