



Healing Circles Host Training Agenda

Session 1: Welcome and Heart Sharing (2 hours)

- Welcome and introductions
- Silence, breath, and intention-setting
- Healing Circles Global lineage
- How does a healing circle work?
 - Circle roles
 - Agreements to create a safe container
- Breakout room: Experience a healing circle
- Personal reflection
- Basic circle format
- The importance of silence

Session 2: Harvesting and Close (2 hours)

- Return to the circle
- Q & A
- Using a talking piece
- Three types of harvests
- Breakout room: Harvesting through practice
- Practicing the close

Session 3: Practice and Applications in Nursing (2 hours)

- Welcome to the last session
- Silence, breath, and intention-setting
- Q & A
- Breakout room: The experience of holding a circle
 - Practice host/guardian roles
- How to work with challenges/fears
- Healing circles in your organization
- Ongoing support after training
- Evaluation
- Close