



## **Buddy Group Sharing Circle Protocol**

Prepare to Have 50-70 Minutes of Uninterrupted Time

### **Each Buddy Group Member Takes Turns Facilitating**

1. Presencing and 2-Word Check-in. (5 minutes)
2. Facilitator reminds everyone what this month's assignment is, and what some of the major LDT ongoing practices are. (5 minutes)
3. Each person shares anything that's coming up for them in relation to LDT- any struggles/challenges and/or insights/wins they're experiencing. They can also share anything else that feels important to share to let the other members of the group into their world. If appropriate, they might ask for support from the group.
4. Each sharing can then be reflected back by the facilitator, perhaps through a simple "Thank you", or by echoing back what they've heard. The facilitator can also ask further questions to clarify meaning, hear more or take the participant deeper. If appropriate, the facilitator might organize the group to support those who need it. The facilitator then goes last with their own share. (Step 3 and 4: 30-45 minutes)
5. If time allows: Facilitator asks if anyone needs some additional support or extra time to share. (5-10 minutes)
6. Facilitator assigns the facilitator for the next sharing circle, and either reminds everyone when that date will be, or reminds the next facilitator to organize that date.
7. Two Word Check-out and Goodbye  
(Step 6 and 7: 5-7 minutes)