



## "IN THE CIRCLE" EXERCISE

After watching the video, answer the following questions about the "Circle" Practice for meetings.

How does this practice differ from most meetings you have observed or been a part of?

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Restate, in your own words, how you will practice the following behaviors in your interactions with others in groups?

1. Speak with intention, noting what has relevance to the conversation in the moment.
2. Listen with attention, respectful of the learning process of all members of the group.
3. Tend to the well-being of the group, remaining aware of the impact of the impact of our contributions.

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Quickly jot down five ways you would be able to tell if an imaginary team you are working with in the future is a good team. Remember these as you go forward and try to create the most positive team experiences you can.

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2. 

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3. 

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4. 

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5. 

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