

## Greeting Circle

### Inclusion

#### PROCESS

- Form a circle.
- The facilitator (or designated person) moves inside the circle and greets the person to the left.
- Continue inside the circle, greeting each person in turn.
- Those who have been greeted follow the person who greeted them inside the circle.
- When the facilitator returns to his or her original location, those inside the circle greet a second time.
- This time, the person inside the circle is the greeter, not the greeted. This balances the circle.
- When the greeting is complete, ask two questions: How do you feel about the activity? What did you learn from it that will make you successful?

#### ALTERNATIVE

- Moving right around the circle.

## TIPS

- No ritual is older, says Bob Chadwick, a conflict authority, and none more anxiety-ridden, than that of greeting each other. The natural tendency is to seek out those one is comfortable with, those who are like oneself.
- The greeting circle allows the anxiety and apprehension of the individuals to be encountered. It releases energy into the room as the sound of voices and laughter.
- The emotional material must be expressed first to allow learning to take place. It grounds the person in the moment and allows people to be real.
- This is useful as a grounding for sessions on conflict, hard-to-talk-about topics, or when two or more groups are brought together for difficult conversations.