

Introduction to Restorative Communication

Yoga Union

June 24, 2016

9-11:30am

Seating of all participants in a circle

Opening Ceremony

- Light Candle
- Bell
- Breath, Hands over Heart, 5 (see) 4 (hear) 3 (touch) 2 (smell) 1 (taste)
- Hafiz, 'Admit Something' (see Closing)

Introduction, Check-in

- Introduce myself - Name And Check-in - How I'm feeling
- Purpose: To learn together and practice Restorative Communication
- Intention: to share about and practice paradigm, elements and practices
- Goal: Leaving with practice experience and access to resources for additional learning and practice
- Housekeeping - Plan to close no later than 11:30am. Maybe short 5 min break at 10:20am or so. OK to go out and return throughout, if needed. Request minimum disruption.
- **Centerpiece** - Cloth, candle, flowers, special objects
- **Talking Piece**
 - When in use, talking piece regulates dialogue.
 - Speak and/or be silent while holding the piece, and pass it to the person next to you when ready
 - Listen silently when not holding the piece. I will speak without the piece only if very necessary and only for a Circle process reason
 - Circle geometry is enhanced when piece is passed from person to person, including when sending it silently to someone further along in the Circle.
 - What led me to choose this piece
- **Q1: Please introduce yourself by saying your name, and check-in with a few words about what you would like us to know about how you are today.**

Discussing Values and Guidelines

- Values and co-created agreements based on those values are a pillar of Restorative Practice. As a participating member of this Circle today and also acting as Keeper, I intend to support Dignity & Respect for all.
- *Please take a few minutes to write on a card 3-5 values you want for our time in Circle today so you can speak and listen from the heart. Choose one (or so) to share aloud. I'll ring the bell in about 4 minutes to signal that we're about ready to share.* [ring bell, set timer]
- **Q2: Please introduce yourself and say a word or two about how you are now, and what value you'd like to offer for our space together today.**
- **Q3: Are there any values or guidelines for our Circle today that you wish to add, change or modify?**

Topic and Guiding Questions

- What is Restorative? [Handout]
 - Four Ways... Graphic and Restorative Ways Chart
 - Pair Share - Do the Four Ways feel relevant to your life? How? How not? What if anything feels interesting to you about the Restorative Ways chart?
 - **Q4: What would you like us in the Circle to know about your response to What is Restorative?**
- Restorative Communication [Handout] *Suspend talking piece*
 - A taste of NVC [chart] - the challenging parts...?
 - Observations and Something else
 - Think of Example(s) - share a few & translate if needed
 - Rooting Feelings in Needs
 - Examples [make list on big paper/markers]
 - Practice [Pass around needs cards/Keepers pull a feeling card - go around Circle lays down possible needs cards]
 - Requests as Positive - Specific - Doable
 - Think of Example(s) - share a few & translate if needed
 - Listening for these no matter how someone expresses
 - Protective Force
 - A peek at Restorative Q's as a form of NVC
 - A peek at Constructing a Circle

Check out

Q5: What are you taking from this Circle that supports your well Being? (in a word or gesture, if time is short) Is there anything else you want us to know right now?

Mention Resources

Closing Ceremony

Savasana - Song: Red Bird - 6 min. [iPod] (if time)

Reading:

*Admit something:
Everyone you see, you say to them "Love me."
Of course you do not do this out loud;
Otherwise, Someone would call the cops.
Still, though, think about this, This great pull in us
To connect.
Why not become the one Who live with a full
Moon in each eye
That is always saying
With that sweet moon
Language
What every other eye in this world is dying to Hear.
~Hafiz*

Breath
Bell