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GUIDELINES FOR CREATING A PALS CIRCLE

NOTE: Determining a clear process will ensure a satisfying and successful Circle. The PALS Circle is a powerful venue to plan ahead following the [Seven Essential Conversations](#)

1. Decide on a consistent time and place to meet weekly.
2. Plan on two hours for the Circle; begin and end on time.
3. Determine if the group will be closed or open to new people. How will new people be chosen and invited?
4. Establish the importance of confidentiality and a safe place for personal sharing.
5. Do not judge or offer advice unless asked for.
6. The group is self-facilitated and self-supporting.
7. Establish the importance of everyone having the opportunity to speak with no one dominating the conversation; establish the freedom to point out when someone is dominating.
8. Begin with a short go-around for a check-in.
9. Snacks go well with conversation; i.e. tea and muffins.
10. Determine an end date for the Circle, if any.