

Community Conversation Circles

– A New Program Model for Libraries Nationwide



**Inner
Growth**



**Community
Connection**



**Global
Awareness**

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Dear Library Director or Program Coordinator,

Over the past 15 years, I've had the privilege of facilitating hundreds of programs for libraries, community centers, and organizations — both in person and online — all designed to help people connect more deeply with themselves, each other, and their communities.

In recent years, our society has become increasingly divided and isolated. Many people are longing for genuine conversation — spaces where they can be heard, understood, and inspired without judgment or polarization. Libraries, as trusted centers of learning and community, are the ideal place to offer that.

That's why I created the **Community Conversation Circle** — a simple, structured monthly gathering that begins with a short *Wellbeing Check-In* and opens into authentic dialogue around life themes such as relationships, compassion, and community. These circles are “*Polarization-Free Zones*” where empathy, curiosity, and kindness guide the discussion.

The program is easy to host, inclusive, and aligned with the library's mission to foster civic engagement and lifelong learning. Many libraries have found these sessions strengthen community connection and emotional well-being — while bringing new patrons through their doors.

Enclosed you will find:

1. A program overview and benefits for your patrons.
2. A menu of related personal and community development workshops.
3. Testimonials from librarians and participants who've hosted or attended these sessions.

I'd be happy to schedule a short Zoom conversation to share how your library can host a **Community Conversation Circle** or any of the related programs in this packet.

Thank you for the important role you play in nurturing community connection and wellbeing.

Warm regards,

Sandy Hinden

Community Program Facilitator

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 Wisocracy.org



Community Conversation Circle at Your Library

Facilitated by Sandy Hinden

A conversation model restoring empathy, well-being, and civic connection

15 years facilitating programs for communities, libraries, and on Zoom



Why Join the Conversation Circle?

- **Meaningful Connection** – Meet others who care about empathy and learning.
 - **Safe & Respectful Space** – Enjoy open dialogue without debate or pressure.
 - **Shared Learning** – Discover new insights from diverse experiences.
 - **Emotional Well-Being** – Reduce stress and isolation through conversation.
 - **Civic Renewal** – Strengthen community trust, curiosity, and compassion.
 - **Personal Growth** – Practice deep listening, clear expression, and empathy.
 - **Sense of Belonging** – Be part of a circle that values kindness and cooperation.
 - **Inspiration for Action** – Leave each session with ideas and connections.
 - **Reflection Time** – Slow down, breathe, and rediscover what matters most.
 - **Culture of Care** – Help build a more caring, wise, and connected community.
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How Our Meetings Flow

We begin each gathering with a Well-Being Check-In — a few quiet minutes to share how we're feeling and what we may need.

From that awareness, we may return later to explore any concerns, asking gentle questions, offering advice, information, community resources, or referrals.

Topics may include everyday and timeless themes such as:

- Relationships, family, community, habit improvement, goals, or healthcare
- Compassion, friendship, leadership, or luck — the “eternal topics” of life

We learn from one another, make the most of our lives, and enjoy the pleasure of each other's company. Each meeting closes on a positive note — with a laugh, a good story, or upcoming events to share.



Library Gathering

All are welcome. Come as you are
— *wisdom grows in good company.*



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Wisocracy.org

Personal & Community Development Programs

Available individually or as part of a customized community engagement series



Inner Growth

1. **Positive Habit Improvement**
Practical steps to create lasting positive habits.
2. **Weight Loss with a Dash of Humor**
A fun, lighthearted approach to healthier living.
3. **Self-Compassion & Self-Care**
Tools for inner kindness and emotional balance.
4. **Creating or Revising Your Bucket List**
Living life with purpose and excitement.
5. **Mindful Meditation for Peace & Wellbeing**
Cultivating inner peace through mindfulness.
6. **Meaningful, Purposeful, Creative Living**
Designing a fulfilling and inspired life.
7. **Wisdom & Meeting the Wise One Within**
Connecting with your inner wisdom.
8. **Anger Management & Self-Regulation**
Strategies to control emotions and reactions.
9. **Executive Functions of the Brain**
Enhancing focus, memory, and decision-making.



Community Connection

11. **Great Lessons Learned from Life**
Extracting wisdom from past experiences.
12. **Effective & Enjoyable Communication Skills**
Techniques for meaningful conversations.
13. **Community Conversation Circle**
Encouraging open and inclusive discussions.
14. **Develop & Keep Healthy, Loving Relationships**
Building lasting connections.
15. **Being Friendly Helps**
The power of kindness in everyday interactions.
16. **The Healing Power of Compassion & Kindness**
Using empathy to strengthen relationships.
20. **What Makes Addiction Recovery Really Work**
Insights into overcoming addiction.



Global Awareness

21. **Sustainable Peace**
Strategies for fostering peace in communities.
22. **Values for A Better Life & World**
Identifying and applying core values.
23. **Wisocracy for Wise Democracy**
Exploring innovative governance solutions.
24. **Wise Leadership Development**
Cultivating impactful and ethical leadership.
25. **Regenerative Community Economic Development**
Community housing, health care, education, AI & more.

(See next page)

Regenerative Community Economic Development (RCED)

Community Housing | Health Care | Education | AI & Work Transition

Purpose

To help towns, libraries, and civic partners design *regenerative economies*—systems that sustain people, communities, and the Earth. RCED connects the essential needs of life (housing, food, health, education) with the next evolution of work and technology, ensuring that AI and automation **serve humanity rather than replace it**.

Why Now

Conventional development treats people as labor and nature as resource.

The regenerative model treats both as **living partners** in a circular system of care and creativity.

The Pyramid of Regenerative Wellbeing

Sense-Making & Wisdom Development

The summit: civic reflection, dialogue, and shared learning. Without wisdom, systems repeat greed; with wisdom, they evolve toward wholeness.

Earthcare

All activity regenerates soil, water, and ecosystems
—the true capital of life.

Fair Share Taxes

Equitable taxation funds health, housing, and education.
Excess wealth cycles back into the commons.

Safe Neighborhoods

Safety through trust, inclusion, and participation—communities designed for belonging.

Employment that sustains both people and the planet

AI will change work; regeneration changes the way we work. Transition from extractive industries to green, care, and wisdom economies where technology handles repetitive, hazardous, or dangerous tasks—freeing people to focus on lifelong learning, creativity, craftsmanship, service, empathy, and community problem-solving.

Affordable Education

Lifelong learning for creativity, community leadership, and civic wisdom.

Affordable Housing

Housing as a *human right*. Co-ops, land trusts, and rent-to-own pathways replace speculation with stability.

Affordable Healthcare, Food & Clean Water

The foundation of survival and dignity—publicly ensured, locally sustained.



Core Design Principles

- **Regeneration over Extraction** – Every flow of money, materials, and energy replenishes life.
- **Intergenerational Care** – Design for both the young and the old; link mentorship with livelihood.
- **Local Commons Ownership** – Keep land, housing, and key utilities under community governance.
- **Collaborative Governance** – Civic circles of residents, experts, and public partners make transparent decisions.
- **Education for Transition** – Libraries and learning hubs become centers of civic innovation.



Sandy Hinden

Community Conversations
Programs ❖ Workshops ❖ Coaching

Losing One's Way in Life	Living A Life of Purpose
Disheartened by conflict & polarization	Calmness & inner peace practice
Losing the storyline of life	Being the director of one's life
Untethered, unhealthy values	Healthy guidelines & boundaries
Unwise friends & unwise goals	Wise friends & wise goals
Unwise habits for time & money	Healthy habits for time & money
Lost in social media & screens	Journaling for clarity

“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now. I trust him and have learned immensely from him....”

“Sandy - and blessings on you for your magnificent life-work for the common good.”

**Ronald Gross, Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation, Columbia University**

“If you are looking to be in a better world, or at least wanting to know what positive people are doing in the world to make it a better place, follow Sanford Hinden's guidance. The years this man has studied peace and enlightened living is extraordinary. He can bring you a lifetime of good values and ethics that should not be missed. In a world of chaos and selfishness, you can pass these teachings on to all ages, especially our younger generation. He provides a foundation of good values, showing there is a better way to live.”

John G. Cohan, Entrepreneur

About Sandy Hinden & Library Partners

Sandy Hinden has developed and facilitated more than 200 interactive sessions on wellbeing, communication, empathy, leadership, and community resilience — both locally and online. Sandy's work centers on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. Author, 7 Keys to Love, Founder, Wisocracy.org.

“Thank you for moderating our weekly Conversation Circle. Each week, the conversation gets more stimulating and informative! Everyone loves the sessions and is so happy to see each other, even if it's only virtually! Keeping our patrons connected and giving them a chance to discuss what's on their minds is more important than ever in these challenging times.”

Roseanne Dorfman, Program Coordinator, West Hempstead Library

“Thanks so much for yet another great program!! I heard great feedback from our patrons. I just came in from a meeting and was met by my coworker, who told me that our patrons LOVED your program. The feedback we received was great, and I want to thank you for offering your programs to libraries. I'd love to welcome you back again in the future for another one of your presentations!”

Amy Mondello, Program Director, Glen Cove Library

“It was a pleasure to meet you and greet you in person. Once again, thank you for providing a great program. We all benefited from your knowledge. You managed to hold our interest from beginning to end. The role-playing really added to the experience. Several people in the audience have thanked me for this wonderful program. I hope you had fun.”

Edie Kalickstein, Program Director, Long Beach Library

“It was an excellent and detailed presentation. The pages were well outlined, with clear, precise directions. I thought the give and take was excellent, and a lot of people felt connected.”

Judith Pannullo, Executive Director, Suffolk Community Council

“This group is very unique for our community. Love interacting with strangers, sharing ideas, and pointing out programs that could benefit us all. We hear how people spend their time. We stick to common topics that affect most of us. We share common goals. I would love for this group to be more often. We all would love that.” **Library Patron**

"I recently attended Sandy Hinden's 'Mindfulness & Meditation' workshop. His knowledge spans a broad range of topics. His presentations are delivered with great insight, passion, and relaxation techniques that are beneficial both personally and professionally. I learned a great deal about my inner self, as well as meditation techniques that will help me maintain positive energy throughout my everyday life. I strongly encourage anyone to attend his workshops."

Matt Harris, Financial Industry

To host a Circle or workshop, email sanfordhinden@verizon.net or call 516-815-4967