

Restorative Circles

The concept:

Conflicts are a natural part of human lives. To Restorative Circle facilitators, conflicts are invitations and opportunities for connections and healings. When people come to a space that is held with empathy, feelings and needs are explored and expressed. Seeds for heart-to-heart connections may sprout in this space. This heart-to-heart connection is what brings people closer and enables people to work together smoother.

The principle:

All needs matter. We will make sure all the needs expressed in the circle are seen and heard, as much as possible.

The process:

First, a brief presentation will be given to help create a safe space, so people feel comfortable sharing what's alive in them.

Second, people will be invited to come forward (by free will), one at a time. This person (person A) will express his/her feelings and unmet needs that may be triggered by what someone else in this group (person B) did/or didn't do. Person B will be asked to briefly reflect back on what person A says until A feels fully heard, on this matter. The facilitator will demonstrate and assist the reflection.

Next, if person B would like to explain why he/she did (or did not do) so, he/she can express at this stage, i.e. this happens after B has reflected what A says, till A feels fully heard. Now person A will be asked to briefly reflect on what person B says until B feels fully heard.

If both A and B feel fully heard, the next person can come forward to express.

And so on ...

Until all the needs expressed here are heard.

In the end, all people involved in this circle will have a chance to share their takeaways from this circle.

Date and time

If your group is interested in having this Restorative Circle, please contact EmpathyProjects.org to arrange a date and time that works for both your group and the facilitator.

Fees

The session is offered on a compassion-giving basis. Please consider donating \$5-50 to cnvc.org

Facilitator - Julia Shen



Julia is a life-long learner and she follows the lead of her passion. She has been practicing and sharing NVC for 6 years, and is a certified NVC trainer candidate. She has founded a Mandarin-based (soon-to-be Mandarin & English) website called SpaceForHeart, to share her knowledge and thoughts about NVC. She's also been facilitating NVC workshops on a regular basis for 2 years. Prior to her NVC journey, she had been working in the digital advertising industry for 10+ years, in various roles including Program Management, Programmatic Strategy, and Ad Operations. In her leisure time, Julia loves reading, writing, watercolor painting, hiking, and many more.

You can see Julia's LinkedIn profile [here](#).

Here's also Julia's NVC website SpaceForHeart. www.spaceforheart.com