

YOUR GUIDE TO RUNNING A

Sister Circle



Welcome

Hey there and welcome!

This guide has been created by me, [Selina Barker - Career and Life Design Coach](#) and lover of sister circles!

If you've listened to the podcast with Cordelia, talking about the power of sisterhood, then it's me you'll hear her talking to.

This is a guide I put together to give you a step by step guide to holding a sister circle.

With huge thanks and acknowledgement to Nisha Moodley and the wonderful [Global Sisterhood Day](#) crew. It is because of them that this journey began and the following steps on how to hold a sister circle are very much influenced by the steps they gave us when we held our first sister circle in 2017 on *Global Sisterhood Day*.

I cannot wait for you to experience the beauty and power of coming together with other women, in the way we are supposed to - to offer our love and support to one another - thereby unlocking the power of sisterhood.

Please come and share with me how you get on, over on:

Instagram @selinathecoach
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Selina

THE POWER OF *Sisterhood*

If you have received this guide and haven't yet listened to the podcast episode - the Power of Sisterhood - that inspired this guide, then we recommend you start there!

You'll hear Cordelia Taylor talking about the power of sisterhood, the difference it has made to her as she has gone through her cancer journey and how all women can unlock and cultivate the power of sisterhood through sister circles.

Listen to it at yourcancertribe.com or search for *Another Way with Selina Barker* on your podcast channels - it's episode number 5.

Then come back here for a step by step guide on how to start your own sister circle.

HOW TO START A *Sister Circle*

WHO TO INVITE

Option 1: Invite 2-6 friends that you already have in your life

Option 2: Reach out to women that you know online that you'd like to connect with on a deeper level - in Cordelia's case she reached out to other women with Stage 4 cancer, like her, that she had connected with already through social media and invited them to get together offline (you can also do sister circles and meet-ups online too, if IRL isn't possible)

HOW TO EXPLAIN WHAT A SISTER CIRCLE IS WHEN YOU INVITE THEM

'Hey do you want to give a sister circle a go? The idea is 3-6 of us get together in a supportive group to share the celebrations and challenges going on in our lives at the moment.

Check out this podcast episode and guide to doing a sister circle. I'd love to do it with you. Let me know if you're up for it!

FINDING A DATE TO SUIT YOU ALL

If there are quite a few of you and you have busy schedules, then a poll on whatsapp can be a quick way to find a date that works for everyone (if you're all in the same group) or a free organiser like doodle can make it easy to find a date that works for everyone

WHERE TO HOLD YOUR CIRCLE

You can do it at someone's house or meet up somewhere public that you can all get to e.g. a cafe, restaurant, park, pub, community centre.

Just make sure, if you go somewhere public, that it's a place where you feel you can relax, have the space to be vulnerable and share and be quiet enough for you to hear one another clearly.

If you're doing it at someone's house it can be nice for each of you to bring snacks and drinks so that you are all contributing equally.

ONE THE *Day*

SETTLING IN

You might want to spend the first 20 minutes or so catching up, chatting and eating.

DEVICES OFF

Just before you start, invite everyone to put away or switch off their devices so they can be fully present.

CREATING THE PHYSICAL CIRCLE

When everyone is ready to start, have everyone sit in a circle, either on the floor, comfy seats or around a table.

GETTING STARTED

Welcome everyone, thank everyone for being there, for making the time and, if this is their first time doing a sister circle, thank them for being up for it.

If it IS their first time let them know that it is natural to feel a little nervous, awkward or even anxious. So not to worry if they are feeling that way. They'll be feeling very different by the end. Remind everyone that these sister circles are a chance to be present and hold space for one another. You are not here to fix, solve one another's problems or offer advice. You are here to listen and bear witness to one another - that is often the greatest support we can truly offer.

If someone gets upset, give them the space to feel how they are feeling, don't rush to comfort, hard though that may feel to you. If you want to show you are feeling for them, it can be lovely to hold your hand to your chest so that they see your love and empathy in action. But simply giving them the space to feel how they are feeling is the greatest gift you can offer.

Likewise, when it comes to your turn to share, please know that this is a safe space to really feel your feelings, without judgement. If that sharing feelings of upset, hurt, grief, anger, please know that this is the perfect space to share those feelings. That is what this space is for.

It is a space to enjoy feeling free and safe - free and safe to share, free and safe to be you. That's what sisterhood and these sister circles are all about.

And with that let's begin!

QUESTIONS TO *Answer*

THESE QUESTIONS ARE BASED ON AND INSPIRED BY NISHA MOODLEY'S WONDERFUL GLOBAL SISTERHOOD DAY SISTER CIRCLES

Ask who wants to start (or who will be brave enough to start!) and then move around the circle clockwise, each taking it turns to answer the first question and then when everyone has answered the first question, move onto the next and so on.

#1 HOW ARE YOU FEELING?

Start with a simple share of two words that describe how you are feeling in this moment

#2 WHAT DO YOU WANT TO CELEBRATE?

It could be something that has happened this week that you are really happy about, something that you have achieved recently that you are proud of or an area of your life that you are really enjoying right now.

#3 WHAT CHALLENGE DO YOU WANT TO SHARE?

Depending on how many people you have in the circle you might want to set a timer for this section, giving each person between 5-20 minutes to talk through their challenge and setting a timer so that everyone gets an equal amount of time focused on them.

It could be something going on at work, at home, in your relationship or it could be to do with your health, happiness or work-life balance, you name it. Anything that you've been struggling with, whether it's emotional, practical, psychological or existential, this is the moment to share it.

Once you've shared your challenge, you have the chance to talk it through with all of the women in the circle, letting them give you their undivided attention, support and any guidance they might have to give.

#4 SET AN INTENTION

Share an intention going forward, it might be related to your challenge, but it doesn't have to be.

Here are some examples:

My intention is to...

- ...be kind to myself
- ...make time for rest
- ...trust in the process
- ...welcome in abundance
- ...give myself permission to do it my way
- ...allow people to help and support me
- ...open up to the love all around me

#5 BRINGING THE CIRCLE TO A CLOSE

To close the circle do one final share of how you are each now feeling.

LET US KNOW *how you got on*

Please come and let us know how you got on.

Find me over on:

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or

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I would love to hear from you!

Selina