

Support Circle Guidelines.

Welcome to your support circle!

This is an intimate, self-managed group of 2-4 peers designed to support you throughout your journey in our 6 month coaching container.

This resource serves as a guide to set up your circle so that together you may flourish and grow.

Agreements

Support circles are self-responsible and self-governing yet, as part of this community, these circles are subject to our values & agreements including:

- Zero-tolerance for hate speech, white supremacy, racist behavior, or discrimination
- We encourage you to hold boundaries and expectations with your fellow peers that support you all to flourish
- We hope you will centre in the values of support, trust, compassion, communication and accountability.
- If you encounter challenges, problems or require support, reach out to support@thedigitalyogini.com

We are always here to help!

Ultimately this Support Circle will be what you all make it.

Sometimes these circles work incredibly well (forming long-term friendships, being major cheerleaders for each other) and equally, sometimes they don't work well.

Communication and transparency are the keys to success.

Getting Started Practical tips to get started:

- Start a group chat. Past groups have found it's best to set up a group chat (either via email, messenger, WhatsApp ect) or private Facebook group to communicate going forward
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- Set up a regular time to meet. Coordinating calendars can be challenging. We recommend deciding on a regular meeting date/time/location. (eg. 1st & 3rd Wednesday of the month at 7pm via Zoom)
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- Share your success with the wider group. If you find something that's working really well for your Support Circle, share it with the wider circle of peers in our Facebook Group - we'd love to hear.