

## Guidelines for Opening Circle - McCoCo workshop

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<i>Preparations</i>	<ul style="list-style-type: none"><li>• Getting people at the opening circle by drummers?</li><li>• Time Arrangement with a staff member to come in the circle and tell things about the venue.</li><li>• Create a 'blanc' support group poster</li><li>• Bring in the next day workshop time table poster</li><li>• Make an overview poster of the opening circle.</li></ul>
<i>7.45 prompt start</i>	Openings ritual Aim: coming together, arriving and grounding <ul style="list-style-type: none"><li>• Wee mix game</li><li>• Children's stuff, after which they leave</li><li>• Mini-sessions with someone you don't know</li><li>• Show the agenda poster for this opening circle.</li></ul>
<i>House, venue and food</i>	<ul style="list-style-type: none"><li>• Somebody of the staff comes in</li><li>• Food liasing</li><li>• Noise, after 11 pm silence</li><li>• Nudity</li><li>• Complaints envelopes</li></ul>
<i>Interpersonal and social</i>	<ul style="list-style-type: none"><li>• <b>Buddies</b> Important: Let people who offer come into the middle of the circle. <i>Not the people who want or need a buddy, as then they might feel very exposed if there is nobody for them to buddy.</i></li><li>• <b>Support groups</b> <i>The aim is to keep the time of forming of support groups as short as possible.</i> Sum up examples of support groups and how they might work.  The procedure of forming support groups:<ul style="list-style-type: none"><li>▪ tonight the announcement.</li><li>▪ In the evening people write support group wishes on poster.</li><li>▪ During tomorrow morning's opening circle, the support group posters will be on A4s on the walls. And people can add another one and choose a support group.</li></ul></li><li>• <b>Safety and ghostbusters</b></li><li>• <b>New people workshop</b></li></ul>
<i>Program &amp; Workshops</i>	<ul style="list-style-type: none"><li>• <b>Early morning Workshop announcements:</b><ul style="list-style-type: none"><li>▪ 1 minute per person; 1 minute questions.</li><li>▪ <b>Please check</b> whether the announcements are clear about:<ol style="list-style-type: none"><li>1. is it a Co-Counselling workshop or not?</li><li>2. is the facilitator holding the group?</li><li>3. Will people challenge each other in the workshop?</li><li>4. Are participants permitted to leave the workshop?</li><li>5. Is it a known 'high risk' workshop?</li></ol></li></ul></li><li>• <b>workshop rooms will be allocated on a daily basis: no block bookings</b></li></ul>
<i>Announcements</i>	Facilitators to call on those with announcements. 1 min max
<i>8.30 prompt</i>	<i>Closing ritual</i>

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