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COUNCIL METHOD

Project: **INNOVATIVE EDUCATION IN OUTDOOR
KINDERGARTENS**

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What is Council?

- Council/Council circle is an age-old practice that involves bringing people together in a circle to bear witness and share authentically.
- Participants agree to speak one-at-a-time, sharing their personal stories and experiences, rather than opinions, and listening non-judgmentally while others do the same.
- Sharing and listening to universal stories about love, loss, fear, triumph, challenge, hope and other experiences enables participants to recognize that, despite our many differences, we have much in common.
- By fostering attentive listening and authentic expression, Council builds positive relationships between participants and neutralizes hierarchical dynamics formed by the inequality of status, race, or other social factors.
- It supports a deep sense of community and fosters recognition of a shared humanity and interconnectedness.
- It enables individuals to give voice to their stories, develop mutual respect, cultivate a compassionate response to anger, defensiveness, and violence, as well as strengthen emotional health and resilience.

WHY?

- Council offers a replicable, self-perpetuating, and portable platform that promotes communication, enhances wellbeing, builds community and fosters compassion. When practiced with regularity, Council can diffuse tension, increase resilience, and create a deeper sense of community and connection.
- There is an immense need, now more than ever, to slow down and listen, to recognize and bear witness to our shared humanity, to seek cooperative solutions to our collective challenges. Council fosters recognition of our shared humanity and interconnectedness, while enabling individuals to give voice to their stories, develop mutual respect and compassion for others, cultivate a positive response to stress, anger and hostility and achieve a sense of balance.

WHERE and/or WHEN?

The practice of Council acknowledges everyone present and helps focus intention and energy on our common stories, values, aspirations and our emergent collective wisdom.

EDUCATION

Council programs have been integrated widely in educational settings, with dozens of public and independent schools throughout Southern California – and around the world – initiating Council programs for students of all ages and school communities involving teachers, parents and community members.

RELATIONSHIPS

Council is a powerful and dynamic tool for celebrating connection, marking transitions, and cultivating respectful communication, heartfelt connection and greater intimacy.

START-UP BUSINESSES AND BUSINESSES UNDERGOING CHANGE

One of the hardest aspects of starting a business is managing growth. Rarely discussed and addressed are the complex interpersonal relationships that are an inherent aspect of that growth, as new personalities are constantly being added to the mix. Council provides a welcome platform for new employees and emerging work relationships.

Widespread changes within an organization of any size, such as layoffs, leadership transitions, and new ventures, can put stress on employees trying to adjust to their new work environment. Council has proven to be a generative and supportive tool for the interpersonal challenges that emerge as businesses manage change.

COMMUNITIES DEALING WITH TRAUMA

Whether trauma is systemic, such as high crime and poverty, or acute, such as a school shooting or environmental disaster, Council can provide a stable resource for coming together, bearing witness and navigating the complex emotions and volatile conditions communities confront.

FAITH-BASED GROUPS

Council has been integrated as a tool for contemplative practice, community-building and charitable works in faith-based communities of all denominations.

BASIC PRINCIPLES

- I speak from the heart.
- I listen with my heart.
- I speak spontaneously and say the essence of my story.
- I speak in such a way as to benefit me, the circle and the higher principle.
- Confidentiality - what is said in a circle remains in a circle and is not shared anywhere else
- Circular arrangement with altar / candle in the middle, talking object
- A circle facilitator who is both a "guide" and a participant in the process rather than a "leader"

**COUNCIL IN TRAMTARIA
FOREST KINDERGARDEN**

ABOUT US (SOCIALIZATION)



PLANNING CIRCLE



THEMATIC CIRCLE



BIRTHDAY CIRCLE



MUSIC



PAINTING



STORYTELLING



BODY EXCERCISE



„TUNE IN“



SNACK CIRCLE :)



COMMUNITY CIRCLE TEAM CIRCLE

