



# Community Building Circle Prompt Bank

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# Introduction

Circles are structured with prompts that flow with the 4'C framework - check-in, connection, collaboration, close - all with the goal of connecting and understanding needs, motivations, and perceptions.

## 1. Check-in – self-reflection

- a. How are participants showing up and what do they need and what do they need to show up as they would like.
- b. Warm-up/icebreaker in relation to the topic/theme?
  - i. Warm-up for storytelling and leaning into vulnerability (sharing something personal)
  - ii. Low risk – testing out using voice/hearing themselves in the circle?

## 2. Connection – weaving personal stories into collective meaning

- a. Exploring what connects participants:
  - i. How does each participant in the circle relate to the topic/theme?
  - ii. What values and meaning do they associate with this topic/theme?

## 3. Collaborate – building on collective meaning

- a. What does our collective meaning make possible? (visions, actions, learnings, commitments...)
- b. What are unique contributions participants can and would like to offer in service of those possibilities?

## 4. Close – self-reflection

- a. How are participants feeling (after circle)?
- b. What are participants taking away and/or leaving behind (after circle)?

The prompts in this bank are arranged in the flow of the 4'C framework and sub-topics, values, sense of belonging, and support. You can use the prompts to design a communitybuilding Circle guide. Prompts are adaptable and don't need to be used word for word.

## Check-in

- What weather/landscapes describe how you're showing up today?
- What 3 words describe how you are showing up to this Circle?
- Take a scan of your body; how are you feeling/showing up today
- What are you carrying into the space that you would like to share today?
- Share one thing or experience that has brought you joy, connection, or alignment in the last few months.
- What are you currently sitting with as you arrive in this space?
- What's a value you bring, and a value you need?
- Who is behind the “why” of you pursuing a career in [profession]?
- Share your meaningful object and share 1-2 sentences about how it is connected to your journey to UCSF.

## Connection

### Values

- Reflect on a community where you've felt supported working on a team collaboratively.
- What values/elements were present that made you feel supported?
- What value(s) do you bring to the team, and how do they guide your day-to-day? Is there a history to your value/s? Who did you learn it from? Who/what does it connect you to?
- What values do you bring and how do they relate to your professional identity as a [profession]?
- What value do you need from the group for you to bring your best self to the group?

### Sense of Belonging

- What's a community, past or present, where you've felt a sense of belonging? What values, qualities, or dynamics were present that allowed that? • How does belonging show up in your work? When have you noticed actions/values/qualities or dynamics that created a sense of belonging?
- Share a skill, knowledge, practice, or value you bring to promoting a sense of belonging in your environment.

## Connection *continued*

### Support

- How have you been able to create space for yourself to engage in the things that bring joy, keep you grounded, & whole?
- What types of group activities help you feel more connected to your community?
- What feelings do you have about the future? (Describe those feelings, i.e. concern, anxiety, excitement, etc.)
- In the past, what has helped you navigate challenges and uncertainty?
- What prevents you from feeling like a stretched-out rubber band? What is something you can do for yourself so that you can have a healthy bounce back from difficult situations more often.
- How have you been impacted by the national events?
- What feelings do you have about the future?

## Collaboration

### Values

- What's something that resonated with you from what others shared?
- Reflecting on the values shared, what are the ways that this group can create a supportive community?
- How do you want to embody your values in our community?
- What values matter most to be able to feel safe and comfortable to speak out about injustices?
- Hearing what values make your colleagues feel supported (name a few values you heard). How can you contribute to creating an environment that is (name values)? • What gift (s) can you offer to create a supportive environment for this community?

### Sense of Belonging

- How can we weave [collective values] into everything we do? What are the barriers, or what's missing? What actions can we personally take to work towards creating an environment where everyone feels a sense of belonging? • How have you witnessed and/or imagine(d) these collective skills/knowledge/practices/values creating an environment where everyone feels a sense of belonging?

## Collaboration *continued*

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## Support

- Based on the past, how will you end up coping with your feelings?
- What support do you need from your community?
- What can support look/feel like when navigating uncertainty?
- Hearing what your colleagues have shared, how can you support one another moving forward?

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## Close

- What are you taking away from Circle today?
- What's giving you hope right now?
- Who is giving you hope right now?
- What are you taking from this Circle that supports your healing?
- One-word takeaway to share with the Circle.
- If you could use a weather pattern to describe your mood, what would it be now?
- What is one thing you are proud of about how you engaged in this Circle?
- What is something that you will do for yourself after this Circle?
- What is one way you can integrate restorative justice in your daily lives?