

It is an experience unlike any other. It is neither therapy nor casual conversation with girlfriends. Instead, a Circle offers each woman the time to ask herself “How might my life be different?” Many women say that while their Woman Within Weekend® was life-changing, their Woman Within Circle® supports their ongoing growth and connection.



It's a place where we can feel and express emotions, big and small.

And where, perhaps for the first time, instead of receiving comments, advice or judgment, we're simply heard - and greeted with respect, acceptance and acknowledgment for whatever we're experiencing.

express
+ be heard

It's where we take the time, each of us, to slow down, to check in with ourselves and to see if there's anything stirring inside of us that we want to talk about.

stop
+
feel

grow
+ connect

With each Circle meeting, more is revealed. More is learned. Over time, strides are made. Every woman takes her place more fully as herself. And deep bonds form.



what are the particulars?

Who can attend? Women 18 years of age or older may take part. Some women attend the Woman Within Weekend® first; others don't. In some Regions, there may be an expectation that you attend the Woman Within Weekend before you join a Circle. Some Circles are open to new members, while others are closed. Some Circle meetings are open to first-time guests as an introductory experience. Many Circles ask for regular attendance commitments so make sure you know the attendance expectation for your Circle. Talk to your Regional Circle Contact to learn about the Circle pre-requisites in your Region.

When and where do they meet? Woman Within Circles typically meet in women's homes or in rented meeting rooms. Each Circle decides how often they'll meet, though many meet weekly or twice a month. Meeting times and days of the week vary, based on the group's needs. Most Circles meet for 2-3 hours at a time.

What does it cost? Most Circles are free to attend – though some may charge a nominal fee to cover the Circle's expenses. Since being in a Circle involves a new set of communication tools, many Circles require that you attend a fee-based Circle Training or offer you the option to purchase and work through a self-led Circle Manual before joining or starting a Circle. Talk to your Regional Circle Contact to learn about the costs associated with being in a Circle in your Region.



Each Region is different

Circles are available in many cities around the world, but certainly not all. Please keep in mind that each Woman Within Region has different policies and resources for starting Circles. Our Circle network is growing; there aren't yet volunteer Circle Contacts or Circle Training Guides in every area.

When in doubt, ask your nearest Woman Within

Region It's the fastest way to learn about availability of Woman Within Circles, Circle Training or Open Circles (those that are open to visitors or new members.) Circle Contact information for each Woman Within Region is listed on the last page of this flyer and on the Community page of our web site at www.womanwithin.org



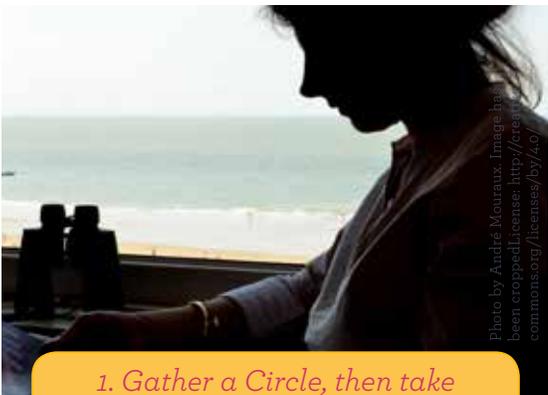
how do I join a Circle?



Visit or join an existing Circle

There may be a Circle in your community that is open to visitors or new members. Your Region's Circle contact will know about their availability and can explain any requirements for visiting or joining.

If there aren't existing Circles available in your area, you have three options:



1. Gather a Circle, then take Circle Training together

Gather a group of women who want to be part of a Circle dedicated to heartfelt connection and support. Completing a Woman Within Weekend® may be required for joining a Circle in some Regions. Talk to your Regional Circle Contact to request a Circle Training for your group – or ask about the next scheduled Circle Training. A Guide may be available to lead a 2-day (or an 8-12 week) Circle Training near you. Fees vary, based on number of woman attending, travel, facility and materials costs.



2. Get on a waiting list for a Circle or Circle Training

Ask your Regional Circle contact if there's a waiting list for the next Circle or Circle Training nearest you. Get your name on the list to give yourself the best possible chance of taking part. Signing up also prompts the need for new Circles or Circle Trainings in a Region.



3. Take Circle Training yourself, then work the Manual together

Attend a Circle Training in another community or Region, alone or with other women from your community. Then buy a Woman Within Circle Manual* from your Region with step-by-step instructions on forming and running a Circle. The Manual helps set the foundation for a supportive, caring Circle over the course of several weekly self-led meetings. We highly recommend that all members of your Circle attend a Woman Within Circle Training soon after completing the self-led course. Con-

sider requesting a Mentor after your Circle has been active for a few months. A Mentor is typically a Guide who works with your Circle in person or by conference call to support your growth and effectiveness together. Fees and availability vary for this service.

*This Manual may not be available in all Regions.

Nothing in this flyer constitutes, or is meant to constitute, advice of any kind. If you need advice related to any emotional, psychological, personal or medical matter, you should consult an appropriate professional. Woman Within International is not responsible for the activities of self-led Woman Within Circles: attendees take part under their own guidance.



A word to the wise Woman Within Circles® are groups of women who meet independently to support one another's commitment to personal transformation. They aren't intended to be psychotherapy or counseling nor to substitute for the advice or supervision of professional services or consultation you may need. Woman Within Circles are beneficial for the vast majority of participants for increasing a sense of connection with other women and overall satisfaction in life, but shouldn't be attended to resolve emotional problems for which therapy or similar treatments are generally used. Woman Within Circle Guides and Mentors aren't trained mental health professionals nor are they trained to treat psychological problems or provide treatment to an emotionally or psychologically distressed person. If you have, or believe you may have, a problem requiring psychological treatment, we urge you to consult a qualified professional instead.

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Southern US

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**Give yourself
the gift of
'you time.'
Contact us.**

Not near a Region?

Please contact our International Circle Liaison
at WomanWithinCircleLiaison@gmail.com if you aren't in or near a
Woman Within Region and have questions about Circles, Circle Training, Guides or Mentors.

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