



## Frequently Asked Questions Woman Within® Circles

### **What is a Circle?**

It is a group of WWEUSA members who meet independently to continue personal transformation in a supportive environment. The purpose of the Circles is to support women in their growth and healing and is not intended as therapy and as such has no leader. A Circle is a place to be welcomed and accepted, where you can be true to who you are. It is a safe place to learn greater emotional self-awareness and hone your communication skills with the support of like-minded women. It is a place to be witnessed as you continue on your path in life and discover your own best solutions. Your Circle is a place of support in stressful times and a place to question and challenge in times of growth. It is a place to be seen and heard by a trusted Circle of Women as you speak your joys and sorrows. Your Circle is a place to nourish your spirit and strengthen your heart.

### **How do I find a Circle near me?**

Contact the Circle Coordinator for your local area or the Director Circles:  
directorofCircles@womanwithineasternusa.org.

### **If there are no Circles near me what are my options?**

Search the membership for women near you and reach out to see if they are interested in forming a Circle. Many Circles have been started this way! There is also a virtual Circle for women who are geographically spread out meet over the phone. There may or may not be an open virtual Circle at the time you are looking for one. Please contact the Director of Circles for more information –  
directorofCircles@womanwithineasternusa.org.

### **Is there a minimum or maximum number of women needed to form a Circle?**

Some groups start with two, others prefer four members to start, it is your preference. The maximum number also depends on what each Circle is comfortable with. Since schedules can be challenging to align you may have as many as twelve members as it is possible that not everyone will be attending every meeting.

### **Where and how often do Circles meet? For how long?**

This is also up to the members of the Circle. Most women offer their homes or places of business, alternate hosting in each other's homes or find a low cost space to rent. Some Circles meet once a week, others meet once a month. Every Circle is different based on the availability of the members. Circles meet for a minimum of two hours. Three hours is recommended for larger Circles or for Circles that cannot meet very often.

### **How do new Circles get started?**

First you will purchase a Circle manual ([click here to purchase](#)). Once you have a manual you can request for an Circle Guide to come and provide training using the Manual. Another option is putting together a weekend Circle Intensive where your group can get training on working in a Circle prior to going through the manual in your Circle. Please contact the Director of Circles for more info about



Intensives and certified Circle guides: [directorofCircles@womanwithineasternusa.org](mailto:directorofCircles@womanwithineasternusa.org). You can also look on our web site calendar for proposed Circle Intensive dates. Announcements are made in the WWEUSA Check It Out and sometimes locally via email.

**Is there a set schedule of Circle Intensives that happen throughout the year?**

At this time there is not. They are scheduled on a requested basis. Once one is set up an email blast will go out so that others may attend. Also check the Circle area of the site for updates, as they will be posted there as well. Circle Intensives will be highlighted in the WWEUSA Check It Out, emailed to our membership (unless you have opted out of email).

**What is the cost of attending a weekend Circle Intensive, Guided 10- week training or Guided 10-week Virtual Circle?**

Fees are set by the local WWEUSA Area Councils. Contact your local Circle Coordinator (look for her name on the For Members section of our web site and then under your local area). If there isn't an active Council in your area, contact the Director of Circles, [directorofCircles@womanwithineasternusa.org](mailto:directorofCircles@womanwithineasternusa.org). Fees for the weekend Circle Intensive may vary with the presenter's travel expenses. The fee for 10-Week Virtual Circle depends upon the number of participants; your guide will give you the information. For a range, log onto the For Members section of the WWEUSA web site and go to the Policies link and open the Fee & Reimbursement Schedule Document.

**Will we do carpet work like we did on the weekend?**

No. You will learn how to support one another through exercises outlined in the manual but the deep descent work you did the Saturday of your weekend will not be done in Circles for safety reasons.