

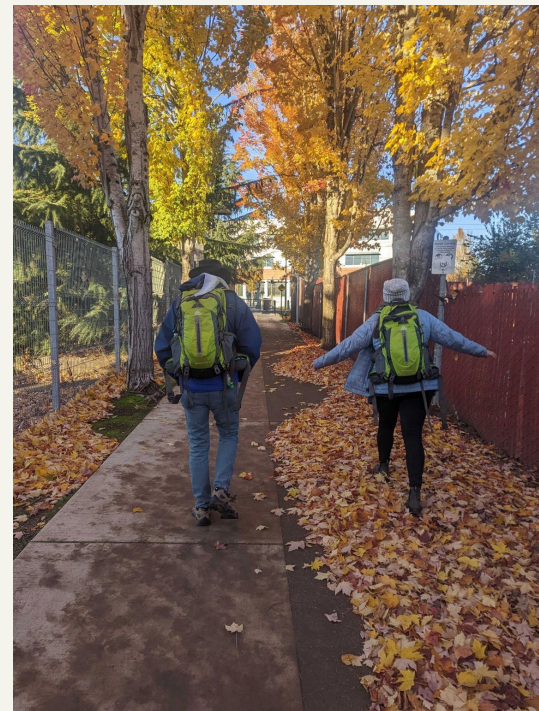
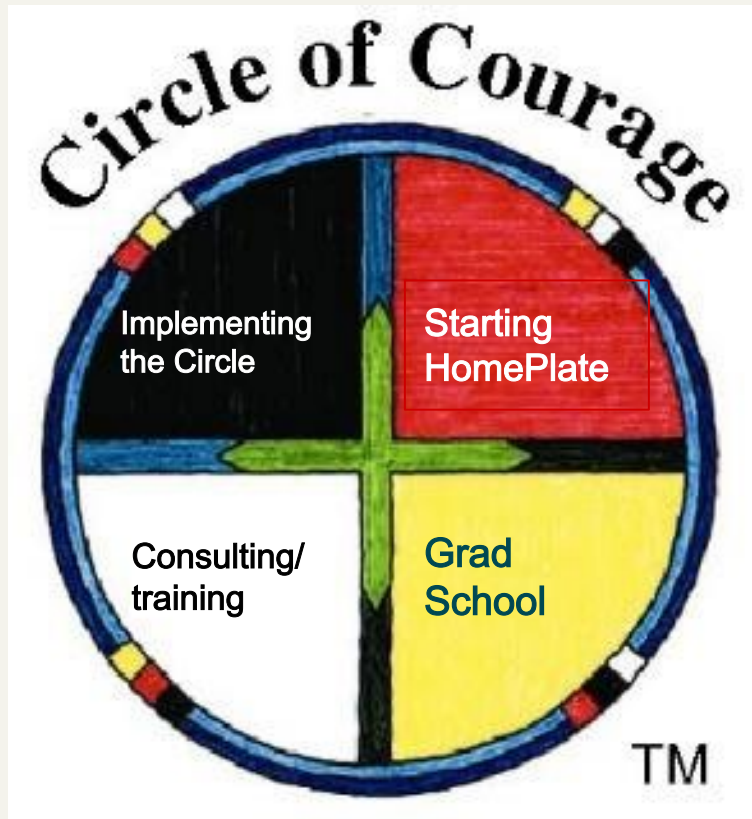


# Reclaim Yourself!

Using the Circle of Courage as a Model  
for  
Yourself and Your Team.

Bridget Calfee Consulting, LLC

# My Circle of Courage Story



**HOMEPLATE**  
Youth Services

Meeting youth  
where they are



# Circle of Courage Activity

4 rounds, find a new partner each round

- 1 min each to share
- Music will be your cue to move on and pick a new partner

Be thinking about: When you were a young person..

- Who was around you?
- Where were you?
- What was school like?

Think of the ages of the youth you work with.. Keep that in mind when answering these prompts...



# Belonging

Share a time/or place  
where you felt  
belonging as a young  
person.



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# Mastery

Share a memory of a time you nailed something you'd been working at.. Or felt really good about learning or accomplishing something.



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# Independence

Share a time when you started to feel independence as a young person.



*Maybe walking to the store to get milk or leaving your family home?*

# Generosity

Share a memory of  
when you contributed  
(felt generous) as a  
young person.

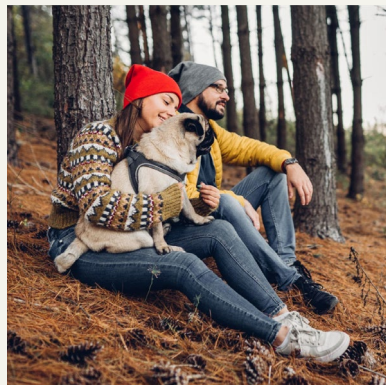


*Maybe to a  
friend or at  
school?*



# Journal

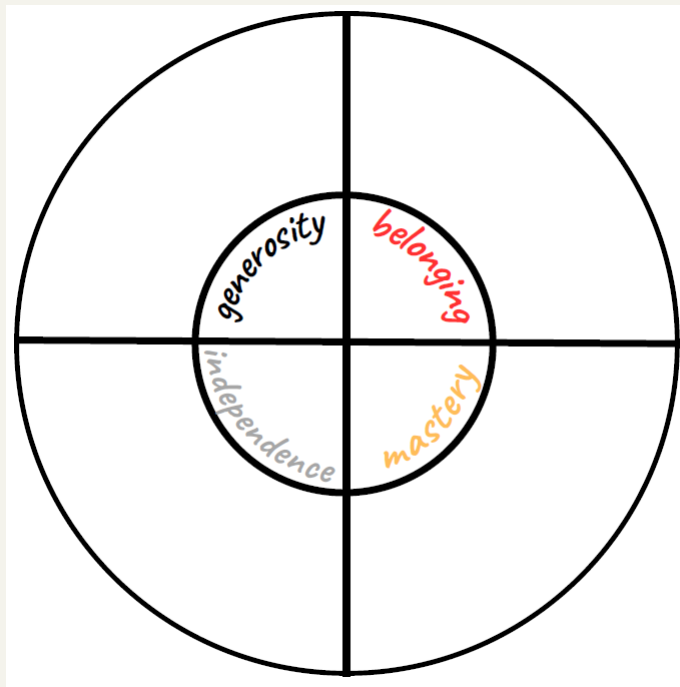
Write about memories or anything that came up for you that you haven't thought about in awhile.





# Circle of Courage Reflection

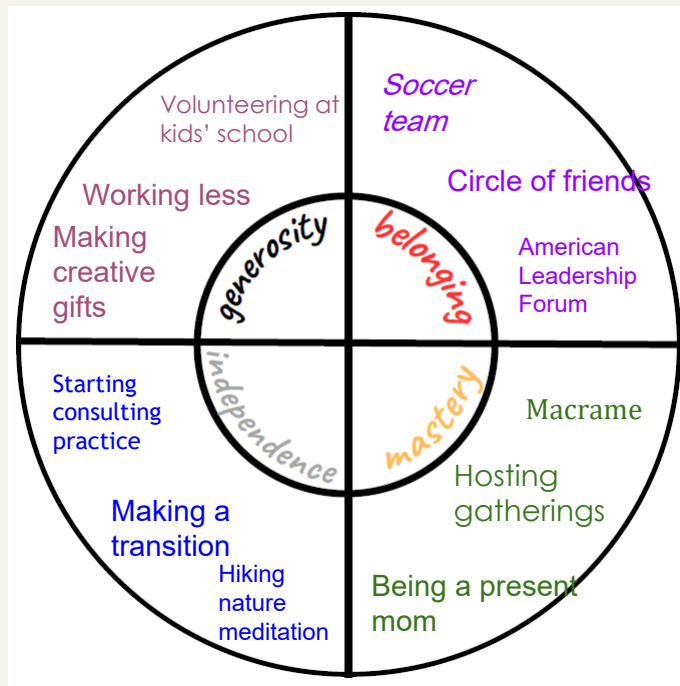
What is true for you now?



*On your worksheet,  
fill out each section  
with examples of  
what belonging,  
generosity, mastery,  
and independence  
looks like for you  
NOW.*

# Circle of Courage Reflection

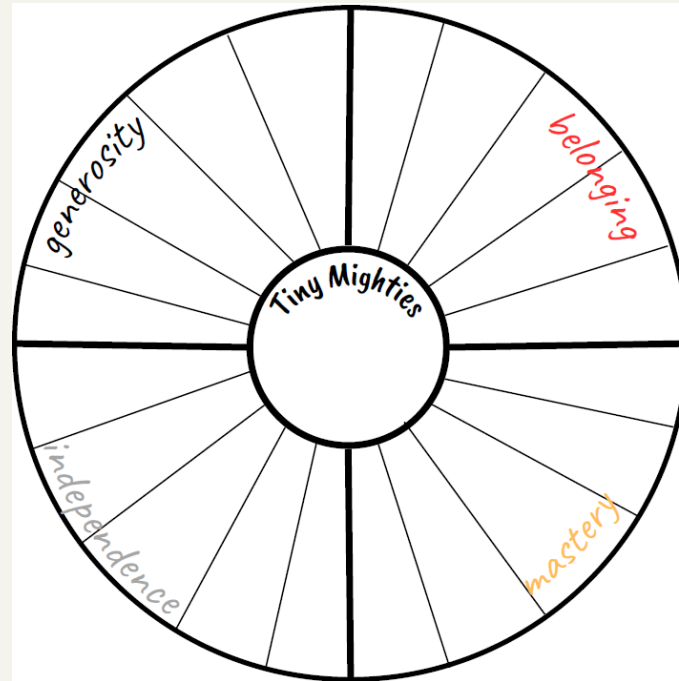
## EXAMPLE



*On your worksheet, fill out each section with examples of what belonging, generosity, mastery, and independence looks like for you NOW.*

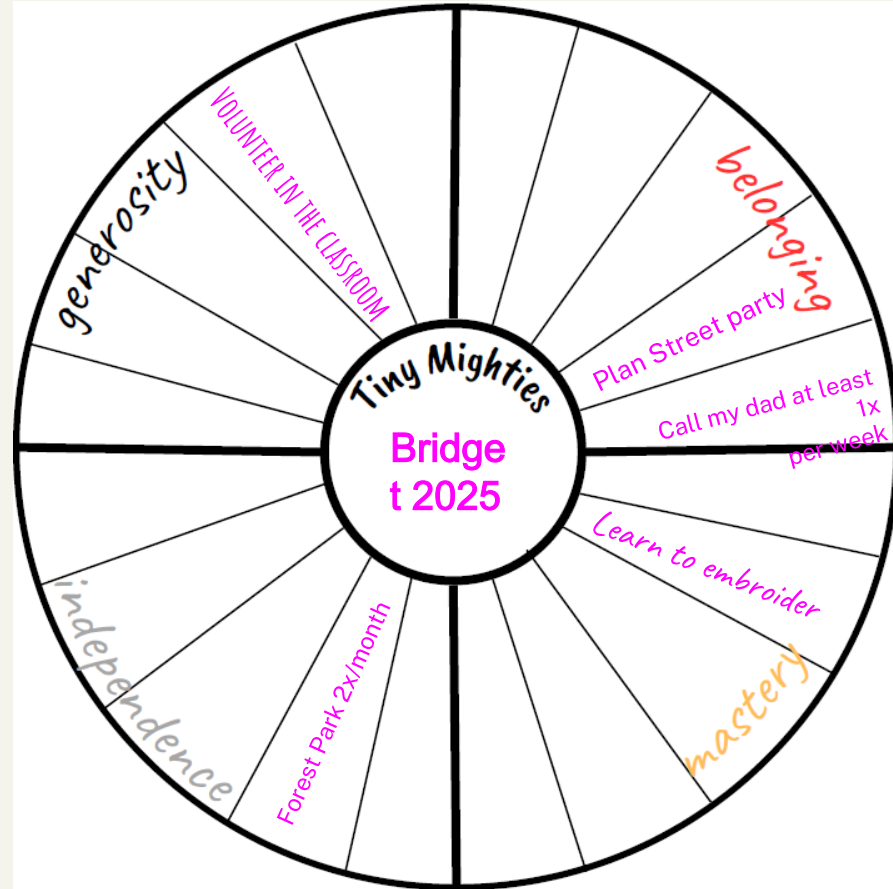
# Tiny Mighties!

Fill out each section with actionable next steps to increase or enhance belonging, generosity, mastery, and independence.



# Tiny Mighties!

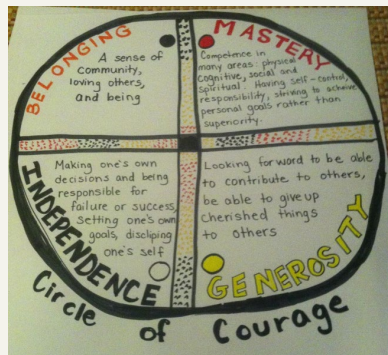
Fill out each section with actionable next steps to increase or enhance belonging, generosity, mastery, and independence. **EXAMPLE**





# How to Implement with Teams

Incorporating the Circle of Courage model with staff and boards.



Annual reviews



Staff and/or  
Board retreats



Human - centered  
policies



By Carla Bullinger; The Circle of Courage and  
Sense of Belonging

Telling Youth  
Stories

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# Share

Closing circle - please go around your table and share one tiny mighty you are comfortable sharing.



# Thank You!



Bridget Calfee Consulting, LLC

[www.BridgetCalfee.com](http://www.BridgetCalfee.com)  
[bridget@bridgetcalfee.com](mailto:bridget@bridgetcalfee.com)  
503-956-0183

