

TIPS TO GET THE MOST FROM YOUR CIRCLE

1

Present your topic/issue

Try to keep the discussion on the topic.



Invite Questions

Open questions and not advice given

Defer Judgement

Be open to questions and reflect on new paradigms

Work on SMART goals

Try to work on 1–2 SMART goals for next session



5

Present SMART goals to group

Gain accountability as you will report these goals to group at the next session



Tips from participants

" I make sure I prepare my topic in advance to gain clarity"

"The questions the participants asked gave me a good insight of my thinking process"

"SMART goals is what define success, I realised that before it was only wishful thinking, now I can action my goals in a more efficient way"

"Reporting back to the group boosted my sense of accountability"

"I was able to do so much more in a couple of weeks than in an entire year! We tend to procrastinate when we do not have support!"

