

Talking Circle with Anona



All Voices Matter - Protocols

Traditionally, our talking circle was a method of conflict resolution. Today, we will be guided through a talking circle as a way to build relationships and get to know one another. As a result, there are protocols that must be followed to ensure all voices are heard. There is discipline that comes with **listening**. We all listen to the speaker, knowing that we each have opportunity to share. When someone is sharing, it is important to listen. There will be **no electronics** allowed in the circle. Each should actively participate in full body listening and **no side talking**. There should be **no coming and going** in a talking circle, use the washroom before we begin and have your water with you. **Confidentiality** is important, what is said

in the circle will remain in the circle. Please use **appropriate language**, unsafe language will not be tolerated. When it is your turn to speak, use a voice that can **be heard** all the way around the circle. We **sit in a circle** because there is no hierarchy, rather, there is equality in a circle. We will accomplish **four full rounds** in our talking circle. This is to honour the Four Food Chiefs in the Okanagan culture. Each round, Anona will explain what we are to share to help guide the flow. This is a great way to build relationship with the group. **Direction** in the Okanagan is clockwise once the buttercups bloom in the spring and continue clockwise until our first snow or winter solstice, depending which comes first, we go counter clockwise in our circle at that time. This is to honour the stillness of winter.