



#14

Name: Circle of Coherence

Goal: *The aim is to create a sense of coherence, where diverse perspectives are integrated, fostering mutual understanding and collective clarity.*

Short Description

The Circle of Coherence is a method used to align participants around shared values, goals, or understanding by encouraging open dialogue and collective reflection. Participants sit in a circle and engage in discussions where everyone has an equal opportunity to speak and listen. This method promotes deeper connection, empathy, and collaboration, helping participants find common ground and strengthen group cohesion in tackling challenges or making decisions.

Step-by-Step Guidance

1. Prepare the space (create a large circle on the floor, e.g. with masking tape, divided into 6 segments)
2. Set the intention and introduce the method (« We will walk through six key areas that help us create coherence for ourselves and our shared future »)
3. Walk through each field (Purpose & Vision, Values & Attitudes, Relationships & Stakeholders, Resources, Actions, Reflection & Learning)
4. Group sharing or harvesting
5. Integration & Closing



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