**Sanctuary Community Meetings**



**Why have Community Meetings?**

The Community Meeting is a Sanctuary Tool that reflects the commitments to Non-Violence, Open Communication, Democracy, Emotional Intelligence, Social Learning, Social Responsibility and Growth & Change. It is a ritual, best done in a circle, to begin the day.

The Community Meeting is meant to move quickly. It is not a therapy session. It is like taking a quick ‘temperature’ test of the room. We will experience a range of emotions through the day. Our goal is to recognise our feelings, and those in others, and manage them safely.

Recognising feelings is important because they drive behaviour and feelings are extremely contagious.

In chronically stressful environments, feelings are often suppressed or expressed inappropriately. This can be harmful to the culture of workplaces and lead to low morale.

In a community meeting if someone shares something that requires attention, you can ask “Can I check in on you after the meeting?”

Sharing goals and asking for help, creates greater understanding of workload pressures, and builds greater trust and unity in teams.