

FACILITATING FATHERHOOD

Circle Process for Dads

Dad Allies Provider Learning Series

~ presented by ~

NICKY WILKS



Welcome and thank you for joining. As we wait for others to arrive...

Please type into the chat: Your name, your role (dads, profession, etc) and your current location

Welcome to the Dad Allies Provider Learning Series

Facilitating Fatherhood:
Circle Process for Dads

Thursday, September 19, 2024

Washington
Fatherhood
Council



Fathers and Parenting

We
know
that:

Child and family well-being improve when fathers are positively engaged in their children's lives.

Fathers play a unique and important role in children's development.

Fathers should have support and resources to become the fathers they aspire to be.



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Fatherhood Focus in Parenting

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Transforming lives

Washington
Fatherhood
Council





~ MINDFUL MOMENT ~

WHO AM I?

Facilitator. Guide. Trainer. Father.



WORKSHOP ORIENTATION

AT-A-GLANCE

- 11:30a - 1:00p w/ Q&A @ End
- Didactic & Experiential

TOPICS

- Intro to Circle Process
- Circle Process Practice
- Applications for Dads

KEY OUTCOMES

- Basic understanding of circle process
- Meaningful personal experience today
- Commitment to a practice



HOW TO ENGAGE

- Curiosity
- Contribution
- Confidentiality



Engage: If you're good with these, type "I'm in" into the chat.



INTRO TO CIRCLE PROCESS

WHAT IS CIRCLE PROCESS? (COUNCIL)

Group communication and connection - usually in a circle

Involves use of “forms” to facilitate authentic expression

Allows us to be seen, heard, and supported without advice-giving

Guided by group agreements and/or 5 core intentions



APPLICATIONS & EXAMPLES

- Support Groups
- Community Building
- Storytelling & Celebration
- Processing Emotions
- Healing & Peacemaking
- Restorative Justice & Repair
- Consensus Decision Making



MEN'S COUNCIL: CIRCLES MEN & DADS

- Consistent, regular sessions, typically evenings or weekends
- Simple, yet intentional prompts, themes, and activities
- 1-2 trained facilitators - paid, or volunteer
- May include elders - inter-generational is a plus





WHY CIRCLES?

THE CASE FOR CIRCLES

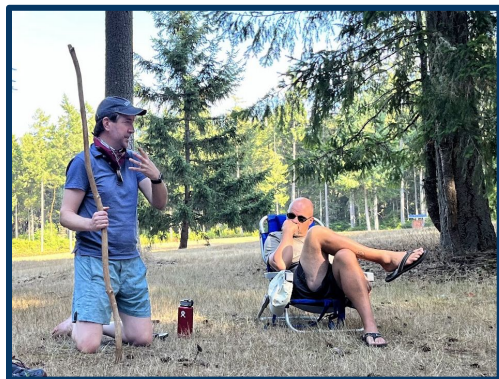
“The beauty of the Circle is that we cannot see each other’s back; and the strength of the Circle is that we can only see each other’s beauty.”

- *Uncle” Angaangaq Angakkorsuaq, Eskimo-Kalaallit Elder*



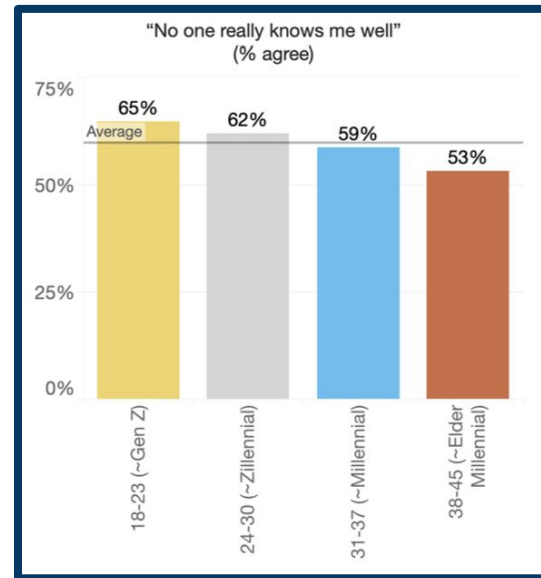
“Circles create a space for men to break through emotional barriers and engage in social risk-taking in a way that they may never have experienced before.”

- Patti Henry M.Ed, L.P.C., author of The Emotionally Unavailable Man



MANHOOD TODAY

- Crisis of masculinity accelerated post “Me Too”
- U.S. Surgeon General declares 'epidemic of loneliness and isolation'
- Trends: Video games, porn, and economic pressures



From “State of American Men”
Report by Equimundo, 2023

Engage: Add your own stats, quotes & supporting info into the chat

WHAT THE SCIENCE TELLS US



- **Oxytocin boosts trust and empathy** (Kéri & Kiss, 2011)
- **Circle practices enhance emotional neuroplasticity** (Zull, 2002)
- **Regulates fear, improves emotional expression** (Lieberman et al., 2007)

Consider: What could this mean for the downstream impact to children?

FEEDBACK FROM OUR PARTICIPANTS



87% - *“I feel more connected to myself”*

88% - *“I received supportive feedback from others”*

80% - *“My relationships with others have improved”*

78% - *“I am more aware of my shadow”*

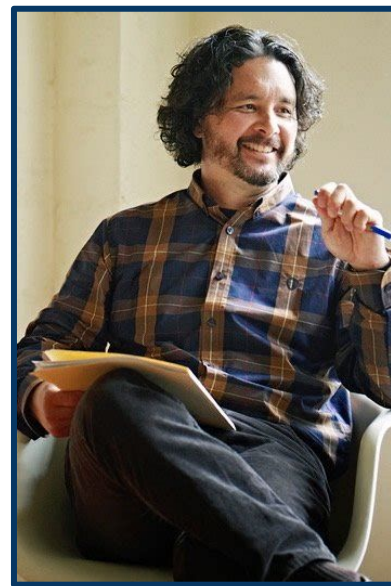
84% - *“I would like to participate in additional training in facilitation”*

Engage: Which data or quote is most impactful to you? Type into the chat.

HEAR FROM OUR FATHER PRACTITIONERS



Brian Palermo



Kenny Alton

Why is this work important for fathers? What has your experience shown?

GROUP AGREEMENTS

CREATING THE CONTAINER

- Create buy-in
- Foster equity
- Support accountability



Engage: What is an agreement that would be important for you to participate fully in a circle?

THE 5 INTENTIONS OF CIRCLE

- Speak from the heart
- Listen from the heart
- Share what is essential
- Spontaneity
- Confidentiality



LET'S PRACTICE

- Breakout rooms of 6-7
- ~2 mins each (use your whole time & not more)
- First speaker chooses who goes next
- Respond to the prompt (include your name + location):

What has been your experience with fatherhood?

WISDOM HARVEST

AUDIENCE VOICE

- 1) “Raise hand” on Zoom to volunteer
- 2) 1 mins each (keep it lean)
- 3) Respond to one or both of the following:
What was your experience in the breakout?
What might have made it more meaningful for you?

CIRCLE FACILITATION TIPS

- Engage the body
- Use a talking piece
- Start with a check-in
- Participate and model
- Have a plan, and be ready to toss it!



SAMPLE SESSION

- **Opening - Mindful breathing(2 mins)**
- **Emotion Check-In (10 mins)**
 - *How well are you caring for yourself these days?*
- **Review group agreements (2 mins)**
- **Prompts & Council Rounds (30 mins)**
 - *What is the difference between self-care and self-medication?*
 - *What gets in the way of your self-care?*
- **Honoring & Witness (5 mins)**
- **Check Out (5 mins)**
 - *What is a commitment you can make for self-care?*

CIRCLE PROCESS: APPLYING THE SKILLS

IDEAS FOR YOUR PRACTICE

- Lead an emotion check-in at the start of a meeting
- Use a simple circle process with an existing group
- Participate in a regular group or facilitator training

Commit: How will you apply what we covered today? Type into the chat!



"The great vision of Black Elk foretells of the many circles, circles embracing circles; the mending of the great hoop.

Let us all come together and mend all the broken hoops of the world."

from Dakota Grandmother's Open Letter to Humanity Leadership Rising Summit

GROWING THIS WORK

The vision:

Every dad in Washington experiences belonging, emotional support, and empowerment through participation and leadership in circles.

We're seeking partners for funding, research and implementation.

How else can **you** support this movement?

ADDITIONAL BOOKS & RESOURCES

Jack Zimmerman and Gigi Coyle - The Way of Council

Kay Pranis - The Little Book of Circle Process

www.WaysOfCouncil.net

www.mankindproject.org

www.illumian.org



ABOUT JOURNEYMEN

- Training in youth development and group facilitation
- Camps, courses and transformational leadership
- Some groups gender-specific, plus inclusive offerings
- Based on Vashon, WA and serving Western Washington



CONTACT & FEEDBACK



Go to: go.journeymen.us/circles-for-dads

Or scan here:



Stay in touch:

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Thank You For Joining Us

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