

What is SHiFT?

SHiFT® is a non-profit network which aims to empower those who are searching for a life and work more closely aligned with their interests, values, and passions.

SHiFT® intends to:

- Build a thriving community for people in midlife transition.
- Develop replicable programs that support purposeful planning of both life and work.
- Promote civic engagement by encouraging work and volunteerism that responds to community needs.
- Provide a bridge between individuals seeking meaningful work and companies looking for innovative staffing solutions.

SHiFT Circles are just one of the many resources available to SHiFT members.

To learn more, visit us at:

www.shiftonline.org



SHiFT
PO Box 50116
Minneapolis, MN 55405



SHiFT Circles



*Finding a way
to wayfinding.*



Going Around In SHiFT Circles Gets You Where You Want To Go

What are SHiFT Circles?

SHiFT Circles are 90-minute small-group meetings for those who want to explore their transition process in a more personal, specific way.

They are guided by beliefs about how knowledge is created that may be different from those held in formal education settings.

Meet The Facilitators!



Earl McGovern has a drive to "contribute to other people's happiness," as the Dalai Lama said. He also has a Master's degree in Counseling Psychology. He consults with four community service organizations and in private practice.

Susan Hawkins has years of experience in facilitating personal growth through life changes including career, caregiving for elders, and changing to a new life focus during the "second half of life".



What makes SHiFT Circles different?

**Everyone is a teacher;
Everyone is a learner.**

You'll walk away with new tools and new approaches to make a successful transition. What's more, you'll be giving new tools to others in the Circle.

Knowledge from lived experience is valid knowledge.

You learned to ride a bike from someone who knew how and showed you. Or you learned by trying over and over again. Or you decided to roller skate instead. You probably didn't read a book or take a class —you lived it.



Discussion emerges from the interests, needs and conversation of the group.

Your goals, your obstacles, and your experience will be given consideration and time. SHiFT Circles are limited in size so that every participant can be heard.

Participants respect the confidential nature of personal details shared by group members.

What is discussed in SHiFT Circles is regarded as private. Nothing talked about in a Circle will be brought up at a Forum or anywhere else unless you do so yourself.

What happens in a SHiFT Circle?

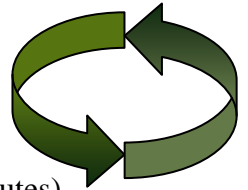
There are three elements that are repeated through the course of each SHiFT Circle:

Question

The facilitator asks a question that meets the group where it is and leads it to new learning, taking account of each member's experience

Circle-Go-Round

Beginning with a volunteer, everyone has a chance to respond to the question (3-5 minutes) or to pass. Other participants hold comments until after everyone has spoken. After each has had a chance to speak, the facilitator asks those who passed if they wish to speak



Cross talk

Opens space for conversation. Participants can ask others to elaborate on their stories, identify themes, or explore similarities.



At the end of each session, the participants can suggest topics they wish to explore further in the next session.