
GUIDELINES FOR BREAKOUT GROUPS AND TRIADS

Break-out groups form briefly, as a synchronistic encounter within a session, while triads form more long-term, committing to accompanying each other over a period of time. Some triads may continue over many years and grow deep friendships.

The purpose of meeting in a breakout group during our sessions and in triads in between our sessions is to meet each other as students and human beings on this collective healing journey.

Breakout groups and triads provide an opportunity to share with others and listen to others about our experience with the themes that are being explored in the course. They can be a powerful and joyful part of study and growth and provide a contained vessel for connection and exchange.

They offer us new perspectives and opportunities through intimate relatedness in a vessel that is bigger than I am.

They provide a space to share from the heart and be witnessed by others, thus bringing the spirit of the Common Ground alive. Triads become more effective as we build a sense of safety, based on confidentiality, spending time fairly and deepening our capacity to relate in moments of challenge.

However, the scope of what these small groups can provide is limited, and in order to make these safe and contained, it's important to be clear on what they are and what they are not. Safety does not mean that we always feel comfortable, but that we can integrate and ground discomfort, too.

Basic Guidelines for Triads and Breakout Groups

- Breakout groups are a place for reflection and sharing about your experience in the course.
- Ideally, the group will agree on the time allocation for each participant in the beginning of the sharing.
- Share from your personal experience, using "I" statements rather than general language (attending to my own experiences and responses and not expressing assumptions about the experience of others).
- Breakout groups and triads are a place to practice the principles of presencing and deep listening. Bring your embodied presence while listening

to someone, and at the same time, stay curious and open to your own inner experience.

- Breakout groups and triads are also a place for group reflection, ideally towards the end of your time together, to share and reflect on mutual learning and insights.

Breakout Groups are NOT for:

- Giving feedback, counselling each other, criticising or giving advice.
- Engaging in argumentation or discussion about opinions.
- Deep processing of personal issues.

It is up to you as a triad to decide how often you would like to meet. We would advise to meet at least once between our shared sessions. You are invited to reflect on the Home Practice together, or any other topics that were touched upon in the course content.

Please don't hesitate to reach out to Rossana and myself if you have any questions.