

WEC Empowerment Circle Guidelines

1. Lead with Kindness

Treat yourself and others with compassion, patience, and respect.

2. Listen with Care

Allow others space to speak without interruption or judgment. Silence and quiet participation are welcome too.

3. Share from Your Own Experience

Speak from your personal journey rather than assuming what is right for others.

4. Ask Before Giving Advice

Not everyone is looking for solutions. Please check before offering advice, suggestions, or healing recommendations.

5. Honour Confidentiality

What is shared in the circle stays in the circle unless permission is given.

6. Respect Different Paths

Each person's healing journey, beliefs, and choices are their own. We do not need to agree to be supportive.

7. Be Mindful of Emotional Safety

Difficult topics and emotions are welcome, but we aim to speak with care and consideration for everyone present.

8. Respect Boundaries

Everyone has different needs, energy levels, sensitivities, and capacities. Members may step away, rest, or participate quietly at any time.

9. Take Responsibility for Your Impact

We are all human and mistakes happen. We aim to communicate honestly, repair gently, and approach one another with grace.

10. Celebrate Small Wins

Healing is not linear. We honour moments of progress, joy, insight, resilience, and self-care — however small they may seem.

Together, we create a space where people can show up as they are — to be heard, respected, supported, and reminded of their own strength and wisdom.