



Ultimate Guide to Starting Your Own Sister Circle ©

By Angela D. Coleman, MBA, CNM
Founder, Sisterhood Agenda



First published in 2016
By Sisterhood Agenda Enterprises, LLC

Sisterhood Agenda Enterprises, LLC
The Ultimate Guide to Starting Your Own Sister Circle

Copyright © 2016, Sisterhood Agenda Enterprises, LLC
sister@sisterhoodagenda.com

ALL RIGHTS RESERVED. This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.

Edited by Nancy Danch.

Printed in the United States of America.



1. Start with Good Intentions

Sisterhood is powerful. The true spirit of sisterhood is warm, caring, loving, and embracing. Once you start with a foundation of wanting to help and be of service to others, your path is set. Your positive intentions will lead you in the right direction to fulfill this great purpose.

If you are motivated more by self-interest and ego, your Sister Circle efforts and their ultimate success will be limited. Your higher purpose has been sabotaged and the potential blessings that come with it will likely be blocked. Maybe you are meant to spiritually evolve further and vibrate higher before starting your Sister Circle.

It is critical that your positive intention be set and clearly established before you begin. The healing dynamic of the Sister Circle is literally a circle, exposing you to the energy of those surrounding you in all directions; everybody's energy is contained in the Sister Circle. Be honest, stay optimistic, and keep love in your heart.

2. Secure a Fabulous Location

The location speaks before you even say a word. The Sister Circle space is like a stage. Please keep in mind that the space where women gather is a sacred space. As the leader, you are encouraged to set the tone and the agenda with the location of your gatherings.

What makes a location fabulous? Preparation. It's not about spending money. However, you can make a big difference by making conscious efforts. The colors, textures, exposure to nature, artwork-these are just a few elements that make your Sister Circle space warm, inviting, and uplifting. Your Sister Circle space can make the difference between women wanting to stay that are excited about their return or women leaving with no intention of coming back.

At Sisterhood Agenda, we set the stage by having healing and support activities at our SEA: Sisterhood Empowerment Academy. The SEA is our ocean-front eco-building with a library, media center, organic gardens, and other spaces that encourage bonding, higher learning, entertainment, and being in harmony with nature. While you may not have a SEA, you can make efforts to create the vibrations that exist in this special location.



3. Prepare Your Sisterhood Space

As mentioned in #2, preparation is the difference between flat and fabulous. Ideally, your Sister Circle location will be pleasant enough on its own. With a little more preparation, it will be great.

The Sister Circle space must be safe and clean. More than that, the space should be spiritually cleansed. Cleanse your space to make it fresh to start anew. This can be done in a number of different ways using any of the four elements: earth, wind, fire, water, in any combination. The possibilities are endless. For example, you can:

- Burn frankincense and/or myrrh while chanting affirmations
- Burn sage smudging sticks around the Sister Circle meeting space and around the head spaces of those engaging in Sister Circle activities
- Pour libation to honor our ancestors and pay tribute to their support
- Sprinkle salt to cleanse the area, including the corners
- Use sea water to mop the floor of your space

Reduce the white noise and distraction of technology by turning all of your electronic devices off completely, and not just in vibrate or silent mode for cell phones. Let others know that Sister Circle time is a special time that must not be interrupted.

4. Invite Your Friends & Others

Your enthusiasm for Sister Circles will likely be contagious. Everyone will want to be a part of it. However, if your group is too large in number, it can reduce the effectiveness of what you are trying to achieve.

Be selective in whom you invite to your first Sister Circle. If your sisterhood gathering has a theme, this should help you include some women while excluding others. Remember that you can always have more than one Sister Circle.

Once you have a core group, you can then decide together how many sisters you want to add, if any. Once your core group is established, often the bond is so strong that everyone may feel best meeting without adding new women.



5. Have Engaging Topics for Discussion

A theme for your Sister Circle was mentioned in #4. Your theme can be as superficial or deep as you are prepared to go and themes for Sister Circles are as limited as your imagination.

Some Sister Circles have no theme at all. Instead, they are open gatherings with topics organically dictated by the participants as they interact. Some common Sister Circle themes include healing, parenting, spiritual development, and sexual abuse.

Please be aware that trauma-informed Sister Circles like the ones that we implement at Sisterhood Agenda typically require years of training and experience. It is helpful to have professional facilitators available if the topics that you discuss could trigger a traumatic experience.

6. Monitor & Facilitate the Group Dynamics

As the leader of your Sister Circle, you are in a unique position of trust and accountability. It is important that you are clear about how you run your Sister Circle. Monitor the dialogue and when necessary, facilitate the discussion.

The most effective women gatherings are those where all women feel safe and free to express their honest, most intimate thoughts. As such, it will be helpful that you have Sister Circle Rules of Engagement-clear guidelines about what will happen and what is expected in terms of behavior.

If someone monopolizes a lot of Sister Circle time, kindly redirect the conversation and also include others who may not have participated. There may be women who choose not to say much, however, make an effort to give every woman a chance to say something EVERY TIME.



7. Get Feedback

You want to know how you are doing and so do we! You will get a sense of how things are going based on attendance and what Sister Circle participants are saying about the group. However, more detailed feedback is helpful for improvement and demonstrative success.

Be open to suggestions about what you can do better. To take it further, you can send a survey to your group or have an anonymous feedback box with slips to complete. Your slips can include simple questions for them to rate on a scale of 1-10 and include open-ended questions, too. For example:

- How would you rate the quality of your Sister Circle experience?
- How likely are you to recommend our Sister Circle to a friend?
- What would make Sister Circles better for you?

Final Thoughts

In conclusion, if you are not already part of Sisterhood Agenda's global sisterhood network, we recommend that you register your Sister Circle group as a Sisterhood Agenda global partner to receive updates and new ideas about sisterhood, women's support and empowerment:

<https://sisterhoodagenda.com/partners/>.

Good luck and let's stay connected to each other in sisterhood!