

# Practices

## of the Courage & Renewal® Approach



CENTER for  
COURAGE &  
RENEWAL®

01

*Create spaces that are open*

and hospitable, but resource-rich and charged with expectancy.

02

*Commit to no fixing,*

advising, "saving" or correcting one another.

03

*Ask honest, open questions*

to "hear each other into speech".



04

*Explore the intersection*

of the universal stories of human experience with the personal stories of our lives.

05

*Use multiple modes of reflection*

so everyone can find their place and pace.

06

*Honor confidentiality.*



Learn more at [www.couragerenewal.org](http://www.couragerenewal.org)

# Practices

## of the Courage & Renewal® Approach



CENTER for  
**COURAGE &  
RENEWAL**®

*Creating spaces that are open and hospitable, but resource-rich and charged with expectancy.*

We are invited to slow down, listen and reflect in a quiet and focused space. At the same time, we engage in dialogue with others in the circle—a dialogue about things that matter.

*Committing to no fixing, advising, “saving” or correcting one another.*

Everything we do is guided by this simple rule, one that honors the primacy and integrity of the inner teacher. When we are free from external judgment, we are more likely to have an honest conversation with ourselves and learn to check and correct ourselves from within.

*Asking honest open questions to “hear each other into speech.”*

Instead of advising each other, we learn to listen deeply and ask questions that help others hear their own inner wisdom more clearly. As we learn to ask questions that are not advice in disguise, that have no other purpose than to help someone listen to the inner teacher, all of us learn and grow.

*Exploring the intersection of the universal stories of human experience with the personal stories of our lives.*

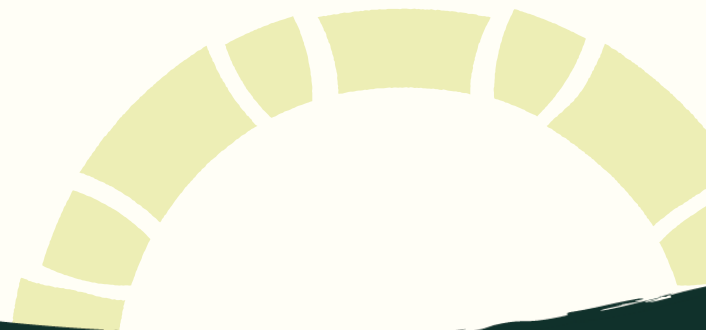
Guided conversations invite us to reflect on the “big questions” of our lives, allowing each person to intersect and explore them in their own way.

*Using multiple modes of reflection so everyone can find their place and pace.*

We explore important questions in large group conversation and dialogues in small groups. We respect nonverbal ways of learning and honor the educative power of silence and the healing power of laughter.

*Honoring confidentiality.*

Participants in Circles of Trust understand that nothing said in these circles will be revealed outside the circle and that things said by participants will not be pursued when a session ends, unless the speaker requests it.



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