

The Circle Technique

Explanation

Split into pairs. The idea is to reflect on your achieved and to be achieved progress using the circle technique. Take it in turns to interview each other, following the steps below.

Duration: 2 x 20 minutes

Interview-steps

Step 1. Choose an activity

The interviewer asks the following question:

- Which activity in which you wish to make progress are you currently involved in?

The interviewer writes this activity down on the next page

Step 2. Fill the inner circle

The interviewer asks the following questions:

- Which progress have you already achieved?
- What are you capable to do already?
- What goes well already?
- What are you already content with?

The interviewer writes all these things down in the inner circle on the next page. Ask follow up questions and encourage the other person to come up with more things that already belong in the inner circle.

Step 3. Fill the outer circle

The interviewer asks the following questions:

- What would you like to achieve further?
- What do you want to improve?
- Which progress do you wish to achieve?

The interviewer writes all these things down in the outer circle on the next page. Help your conversation partner to formulate these things in positive and concrete terms.

Step 4. Small step forward

The interviewer asks the following questions:

- Which thing in the outer circle would you like to be able to transfer to the inner circle first?
- Which small step forward could you take to get started?

The activity I would like to make progress in is:



