



PROJECT LOVE
GUIDE TO RUNNING A
SISTER CIRCLE

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The Power of Sisterhood

When we connect deeply with other women, we connect deeply with ourselves. Opening ourselves up and sharing the things that are close to our hearts creates a space of shared vulnerability that leads to deep connection - the thing that we all, as human beings, crave more than anything.

And having the experience of being heard and supported by other women is a deep rooted need that all women have. It unlocks our power.

When you experience the undivided love, support and attention of a group of women who are fully present to you in that moment, you are reminded not only of who you truly are but of what we are capable of as women when we stand together and support one another.

As Nisha Moodley, queen of the Sisterhood movement says, *"The world will be set free by women who are free. Sisterhood is the key"*.

So grab your girlfriends (two is enough to start with) and book in a date to hold your first sister circle, follow this guide and experience the power of it for yourself

X Selina & Vicki

** The structure of these sister circles is based on Nisha Moodley's 'Sister Circles' which women all over the world hold as part of Global Sisterhood Day.*

** The images used for this guide were taken by the hugely talented photographer, Rebecca Westcott - rebeccawestcott.co.uk*

Thank you to both of you x

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Start your own Sister Circle with friends

Starting your own sister circle couldn't be easier. All you need to do is invite a few friends, decide on a place, date and time. Then open up this guide and go!

- Invite 2-6 friends to join you in a sister circle either at your home or at a restaurant, park, pub or cafe
- Either suggest a date or use good old [doodle.com](https://www.doodle.com) to find a date you can all do
- If your friends have never done anything like a sister circle before, then send them this post [‘The secret to success? Having a team of empowered women around you’](#)
- And send them the guide to get them in the mood (and so they know what to expect)

On the day

When everyone is settled down in a circle, begin by reading the following out to everyone:

“Welcome ladies, before you begin today’s sister circle, a few words to remind you of what these circles are all about.

This is a chance for you to stop for a moment. To take a step back and breeeeeathe. It’s a chance to check in with yourself and ask yourself ‘How am I doing?’ and have other women bear witness to your answer.

Having the experience of being heard and supported by other women is a deep-rooted need that all women have. It unlocks our power and potential as individuals and as a community. When you experience the undivided love, support and attention of a group of women who are fully present to you in that moment, you are reminded not only of who you truly are, but of what we are capable of as women when we stand together and support one another.

So enjoy this experience and let this be the first of many sister circles!”

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A photograph of two women laughing joyfully. The woman on the left has long blonde hair and is wearing a white top and a necklace. The woman on the right has long pink hair and is wearing a colorful floral patterned top. They are both laughing heartily, with their heads tilted back. The background is a solid light pink color.

Celebrate

To begin with, each take it in turns to share something that you would like to celebrate in your life right now.

It could be something that has happened this week that you are really happy about, something that you have achieved recently that you are proud of or an area of your life that you are really enjoying right now.

Share a challenge & receive help

Next, take it in turns to share a challenge going on in your life at the moment. It could be something going on at work, at home, in your relationship or it could be to do with your health, happiness or work-life balance, you name it. Anything that you've been struggling with, whether it's emotional, practical, psychological or existential, this is the moment to share it.

Once you've shared your challenge, you have the chance to talk it through with all of the women in the circle, letting them give you their undivided attention, support and any guidance they might have to give.

Depending on how many people you have in the circle you might want to set a timer for this section, giving each person between 5-20 minutes to talk through their challenge and setting a timer so that everyone gets an equal amount of time focused on them.

This part can sometimes get emotional, particularly if you're talking about a challenge that you are finding particularly hard to deal with. If that happens, know that that is OK and that this is a safe space to open up and feel your feelings.

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Set an intention & commitment going forward

Finally, each take it in turns to set an intention going forward – something that has you dealing with your challenge in a positive way and approaching it with love and understanding.

And within that intention, commit to one action that you're going to take this month that moves you forward in a positive direction.

So, for example, if you've been burning the candle at both ends and are ill and exhausted from it, then your intention might be to be gentle and loving towards yourself from now on. And your commitment might be to treat yourself to a long soak in the bath and an early night at least once a week, each week, for the next month.

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Tell us how it went!

Let us know how you enjoyed running your sister circle!

Post a picture of your sister circle and let us know what the experience was like by tagging us on [Instagram](#) or [Facebook](#) @loveprojectlove

And if you've been running one for a while, come and let us know the difference it has been making to your lives and as a group. We would love to hear from you. Drop us a line over at hello@loveprojectlove.com

X Selina & Vicki

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