Restorative Talking Circles

Restorative Talking Circles (RTC) for Cornell employees

- Does it seem the world has moved forward but you’re feeling left behind?
- Would you like to be a part of a small group to collectively process experiences and share reflections of the last year and a half?
- Do you want to feel more restored but are unsure where to start?

If you answered yes to any of these, please consider participating in an upcoming Restorative Talking Circle (RTC).

What is an RTC?

Talking circles originated with First Nations leaders to ensure that all individuals were heard and respected. In these talking circles, each person is equal and belongs. RTCs, as we have designed them, provide a way for Cornell employees to reflect and deepen their sense of community connection through small group sharing and storytelling. They offer an arena for processing and naming the myriad of experiences, struggles, and triumphs that are felt as we continue navigating COVID-19, campus transitions, and more. A facilitator will help establish an environment for safe exchange and generative discussion. RTC facilitators are also Cornell employees, but they are not mental health counselors, nor spiritual advisors.

Circles offer a community space for processing and naming the experiences, struggles, opportunities, and triumphs as we continue navigating COVID-19, campus transitions, and more. They offer a way of engaging with one another to build community, share, and heal.
**Upcoming Dates & Times:**

Each upcoming circle will meet three times for one hour each session. Attendance is limited to 8-10 participants. Register by completing the form linked below. Additional circles will be added based on interest. To be notified of future circles, please complete the registration form and select, "Inform me of future sessions."

**Register for a Restorative Talking Circle Session**

- Thursdays, November 4, 11, and 18, 4:00 - 5:00 pm (via zoom) – Facilitator: Ruth Merle-Doyle

**Facilitators:**

Michelle Artibee (she, her), Director, Workforce Wellbeing, Division of Human Resources. Michelle is in awe of the contributions of Cornell employees and looks forward to being in community with others as we explore the impact of the pandemic, being present, and moving forward – individually and together.

Ruth Merle Doyle (she, her), Associate Director, Cornell Wellness. Ruth’s favorite part of her job is connecting with clients through listening and understanding what matters most to them, including their pandemic experience. She is eager to be a part of a space where COVID stories are shared and we can acknowledge this pandemic moment in time that we have all experienced in unique ways.

Kate Buckley (she, her), Administrative Manager, Office of the Vice Provost for Engagement and Land-Grant Affairs. Kate holds deep reverence for the power of storytelling, listening, shared experience, and meaning-making. She believes wholeheartedly that we heal and move forward best when we connect our hearts and minds, in community. She looks forward to learning from one another and becoming stronger, together.

**Other Opportunities**

If you would like to volunteer as a facilitator, please notify Michelle Artibee, Director, Workforce Wellbeing (mla64@cornell.edu).