

JAVA HUDDLES

The Strength of Peer Support at Work

Welcome everyone to our Java Huddle. A Java Huddle is a short meeting meant to build peer support, kindness and compassion in the workplace. It is made up of 3 parts: guidelines, sharing and a closing affirmation.

1 The Guidelines

I'd like to invite _____ to read our guidelines for us.
(Turn over for guidelines)

2 The Sharing

Please keep your sharing to one minute. If you need more time, please talk to me or anyone here after the huddle.

- (i) Name one, non-work thing that is challenging you;
- (ii) Overall, how are you feeling on a scale of 1—10 (one being terrible and 10 being great) and—can you name the feeling?
- (iii) Name one thing you have gratitude for and why.
(Adding “why” to the expression of gratitude is important as it brings the statement from our thinking mind to our feelings.)

3 The Closing Affirmation

Thank you everyone for sharing. I'd like to invite _____ to lead us in the closing affirmation.
(Turn over for the affirmation)



Using Java Huddles? Let us know, we'd love to hear from you!
info@javagp.com | www.JavaGP.com

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The Guidelines

1. The purpose of a Java Huddle is to share, listen and help support one another.
2. We keep what is shared confidential.
3. If a problem arises that needs further discussion, we agree to deal with it after the huddle.
4. We have two guiding principles and they are—compassion and kindness.

The Closing Affirmation

I invite you to join me in our closing affirmation.* We'll start and end the affirmation with a deep breath.

Take a slow deep breath in—and breathe out. Please repeat each phrase after me:

May we all give and receive kindness; *(repeat)*

May we all be well in body and mind; *(repeat)*

May we all be at peace and be happy *(repeat)*.

And we'll finish our Java Huddle with another deep breath in—and breathe out. Thank you.

*adapted from Jack Kornfield—Loving Kindness Meditation



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The Sharing

1. Name one, non-work thing that is challenging you;
2. Overall, how are you feeling on a scale of 1—10 (one being terrible and 10 being great) and—can you name the feeling?
3. Name one thing you have gratitude for and why.

NOTE: Adding “why” to the expression of gratitude is important as it brings the statement from our thinking mind to our feelings)



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