



Community Connection: November 2019

"Growth is uncomfortable because you've never been here before. You've never been this version of you. So give yourself a little grace and breathe through it." - Kristin Lohr

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new & good
SMART GOALS

New & Good: S.M.A.R.T. Goals

Circle RVA's Leaders have been claiming many successes as they continue working their personal plans for economic growth and stability. As Darshee said, "I'm smashing my goals!"

Improved credit scores. Decreased debt. Enrollment in education programs. Straight A's. Employment. Restored voting rights.

Leaders use S.M.A.R.T. goals which are specific, measurable, attainable, relevant and time-bound. These well-defined goals transform positive intentions, that could feel vague and overwhelming, into well thought out, realistic and manageable targets. Once a S.M.A.R.T. goal is established, measuring success is simple and straightforward.

S.M.A.R.T. goals are even more effective when shared with others. That's just one reason (of many!) the Leader/Ally relationship is so important for growth. Allies listen, clarify and encourage Leaders as they set their own goals. Allies are, in essence, accountability partners.

Are you facing a daunting goal? Give it a try! Re-write your goal(s) using the S.M.A.R.T. **model** and plan backward to determine what steps are required for growth. The give yourself a little grace and dive right in!

Appreciations: VCU Service Learning

As next-door neighbors, we frequently look for ways to connect with the students and staff at Virginia Commonwealth University. VCU's service learning program has proven to be the perfect conjunction! Service Learning offers opportunities for students to expand their education, moving from the classroom to the community.

We greatly appreciate the dedicated service learners who are spending this semester volunteering with Circles RVA. Their passion for others is contagious and probably most evident in our children's program, where they are not only teaching, but also developing a teen curriculum focused on empowerment.

VCU has gifted us a group of role models for the children of Circles RVA. And in return these students are experiencing personal growth through real world experiences. What a win-win!



appreciations
SERVICE LEARNING



Our next class of **Allies** begins training in November. It's not too late to take this first step in building a life changing friendship. Request more information with a click.



A team of **Graphic Art** students launched a facebook fundraiser to increase awareness for Circles' mission. The campaign will be active until Giving Tuesday. Click. Share. Invite. Donate!



October's **Family Fun Night** included a Halloween themed workout with Sports Backers' Fitness Warriors. It was a scary good time!

Expand Your Circle: Upcoming Events

NOV 5	NOV 12	NOV 19	NOV 26
COHORT 1 & 2 MATCH NIGHT Leaders and Allies meet together COHORT 3 LEADER TRAINING	CONFLICT RESOLUTION Pt 1 COHORT 3 LEADER TRAINING ALLY TRAINING	CONFLICT RESOLUTION Pt 2 COHORT 3 LEADER TRAINING ALLY TRAINING	GRATITUDE ACTIVITY

