



Fishbowl

Navigate charged conversations about complex issues.



Delivery:	Group Size:	Time Needed:	Difficulty:
In-person or Virtual	10+	20-60 minutes	Advanced

Overview

Fishbowl is done in two concentric circles, a dialogue circle and a listening circle. Chairs should be set up in concentric circles for participants to sit in. The inner circle should be set with 4 - 8 chairs, always leaving one seat open. The outer circle should be set with 5 or more chairs.

The facilitator asks the inner circle a question or a series of questions to dialogue about, while the outer circle listens. There is always one chair open in the inner circle for someone from the outer circle to sit in and enter the conversation. Participants in the inner circle can leave and join the outer circle whenever they would like.

Virtual Adaptation

If done online, the facilitators might ask the inner circle participants to turn on their videos and outer circle participants to turn their cameras off.

Situations for Use

The topics covered in a Fishbowl are typically difficult and complex that require participants to dig deep and hold compassionate conversations with each other. Examples include:

- Mediation and conflict resolution
- When learning about and discussing a complex topic
- When needing to illustrate a new way of knowing for others