



MICRO-CIRCLE LAUNCH KIT

From Chapter 7 of *AI and the Art of Being Human*

WHAT IT IS

Essential elements for starting a sustainable community to navigate AI's impact together.

WHERE YOU WOULD USE IT

- When solo efforts to understand AI feel insufficient
- When you need collective wisdom for making sense of AI and its opportunities and potential consequences
- When building a support network for technological change
- When creating space for shared learning about AI

THE TOOL:

Five Components For Sustainable Gatherings

- **Charter:** One sentence stating why you gather—specific enough to guide, open enough to evolve
- **Roles:** Rotating functions that prevent hierarchy (examples: Host who facilitates, Witness who captures themes, someone who brings provocative questions, someone who tends to group wellbeing)
- **Rituals:** Consistent practices like the three-question check-in: What sparked curiosity? What concerned you? Where did you practice care?
- **Tools:** Minimal infrastructure—only what you need to gather (Zoom + doc, or chairs + notebook)
- **Feedback:** Every fourth session, a 5-minute Keep/Stop/Try review to evolve together

HOW TO USE IT

Find 2–4 others wrestling with AI's potential opportunities and impacts. Draft your one-sentence charter together in 30 minutes. Choose a weekly or monthly cadence. Rotate all roles. Start with rituals like the three-question check-in. Keep infrastructure minimal—the constraint helps focus on connection over tools. After four sessions, run Keep/Stop/Try to adjust.