



# MITLÉ SOUTHEY

Circle Holder & Founder of  
Circle School

Nurturing (R)evolution  
through sharing circles

Mitlé is a Circle Holder walking the ancient path whilst contributing to a modern movement. The founder of Circle School, she teaches internationally and has facilitated circles, retreats and courses since 2016.

She believes in the power of connection, community and circle to provide a path of integrity back to ourselves, and authentic relationship with the more than human world. As a woman of British heritage, Mitlé's circles and courses are deeply rooted in the old Western wisdom traditions and British native mythology.

As a former lawyer now learning the old ways, she is seeking ways to fracture the current systems that uphold oppression and is committed to increasing her capacity to hold diverse, inclusive and safer spaces for those marginalised by those systems.

When not in Circle, she can usually be found out walking or in a cosy corner with a book and a cup of tea.

“Mitlé has so much wisdom to share around women's circles. She was able to speak to the philosophical foundations, the social justice considerations, and the pragmatics of how to host circle spaces. We're thrilled with the training she ran for us.”

- Samantha Nolan-Smith  
Founder, The School of Visibility

“At the Daring to Rest Academy we support women around the world to become rest doulas, to hold space for and to uphold the sanctity of rest. Mitlé provided our rest doulas with a wonderful masterclass on holding space. She is so gracious and wise, with a unique and deep perspective on how to hold space.”

- Karen Brody  
Founder, Daring to Rest

## CONTACT



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# PAST GUEST TEACHINGS:

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## SPEAKING TOPICS:

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- Sharing Circles as spaces of sanctuary and rebellion
  - The art, craft and skill of holding sharing Circles
  - Holding space for ourselves so we can hold deeper space for others
  - Adapting sharing Circles for online spaces
  - Embracing Circles as a profitable part of our business
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### **About Mitlé (she / her) and Circle School**

I attended my first Women's Circle when I was pregnant with my son, and it was the medicine that I didn't know I needed. Through sitting in Circle, I have witnessed the significant disconnection from self, body, and story that women have gone through.

Continually ignored and written out of history, it is my desire to bring us back to our stories, myths, and ritual practices and to create new ones through Women's Circles. I believe that the practice of gathering in Women's Circles is vital in these times of collective uncertainty and transition.

I founded Circle School to provide a supportive and resourcing learning community where we honour each circle holder's unique path. Our work through Circle School is rooted in acknowledging our ancestors, connecting with the lands we are on, and reclaiming our lost stories whilst reimagining women's circles for these revolutionary times.

### **Inclusivity Commitment:**

I am committed to continually learning and increasing my capacity to hold diverse, inclusive and safer spaces for those marginalised by our current systems.

I continue to educate myself and work towards gender-expansiveness and LGBTQ+ inclusivity. I continue to do the work of dismantling internalised racism and educating myself to hold safer spaces for Black women, Indigenous women, and Women of Colour (BIWOC).

I only contribute to spaces where inclusion, diversity and accessibility are prioritised.

