

LISTENING PRACTICE

Listener

- Ask your partner: “What are your hopes, dreams, vision for the coming year?” Then listen with (about 5 minutes):
 - Presence – undivided attention
 - Patience
 - Eyes, ears, and heart
 - Acceptance & non-judgement
 - Curiosity
 - Delight
 - Silence! (inside and out)
 - Encouragers: (e.g., mm-hmm, I see, go on, oh, really, right, no way, what else, wow, tell me more...)
- Summarize a few key points
- Express gratitude

Speaker –

- After your partner provides a summary ask for permission to share some feedback. With permission
 - Share what made you feel comfortable
 - Words
 - Encouragers
 - Non-verbal communication
 - Express gratitude

Switch Roles and Repeat