



Active Listening

We'd like you to speak to a fellow participant and really listen to what they have to say. To make that easy we've prepared some questions for you to ask each other.

When you ask these questions, please just listen and encourage. No commenting, no coaching, no fixing, no judging. To encourage people you may follow up your initial question by saying:

"That's fascinating, tell me more..." or "Why is that important?"

Take turns: first person asks the opening and the important questions, then swap. When you have both shared, take turns in closing the conversation.

Opening Questions:

Hello I'm... Tell me a bit about yourself...

Tell me something about ...[our topic for the day]

Important questions:

Depending on the context of the session, if you are talking to someone you have never met for example try asking one of these questions:

Why is it important for you to be here?

What crossroads are you at in your life right now?

Playing back

When you have finished. The listener should play back and summarise what they heard. If they have correctly heard what the speaker intended, swap round and repeat the exercise. If they have not got it quite right try again until they have.

Closing the conversation:

Think about what you heard and tell the person you've listened to something you appreciate about them. (They may only respond by saying "Thank you, I enjoyed hearing that.... (Tell me more!)")

What I really appreciate about you is....