

## Practicing Active Listening Phase I Breakouts (6 minutes)

**Roles:** Speaker, Listener, Observer (switch turns)

**Speaker:** discuss your Pet Peeve or a situation causing you conflict (work, home, other) 1.5 minutes

**Listener:** listen by using only:

- ✓ ***Nonverbals*** – eye contact, nods, leaning in, facial mirroring, quick jotting of a note
- ✓ ***Subverbals*** – Hmm, Ahuh, moan, chuckle, etc

**Observer:** jot notes on what you see, hear & what occurs

**Share Feedback:** 1.5 minutes

- ✓ **Speaker** – tell listener what you saw them use & how you reacted to listener's behavior – give examples
- ✓ **Listener**- discuss how it felt to listen with those constraints
- ✓ **Observer**- share what you saw happen

**Switch All Roles:** new speaker for 1.5 minutes

**Share Same Feedback Again:** 1.5 minutes

**Leave Room Notice - Come Back Full Group**

## Practicing Active Listening Phase II Breakouts (6 minutes)

**Roles:** Speaker, Listener, Observer (switch turns)

**Speaker:** discuss your Pet Peeve or a situation causing you conflict (work, home, other) 1.5 minutes

**Listener:** listen by using:

- ✓ ***Nonverbals*** – eye contact, nods, leaning in, facial mirroring, quick jotting of a note
- ✓ ***Subverbals*** – Hmm, Ahuh, moan, chuckle, etc
- ✓ ***Phase II tools*** – How do you mean? Tell me more. Repeating last few words.

**Observer:** jot notes on what you see, hear & what occurs

**Share Feedback:** 1.5 minutes

- ✓ **Speaker** – tell listener what you saw them use & how you reacted to listener's behavior – give examples
- ✓ **Listener**- discuss how it felt to listen with new tools
- ✓ **Observer**- share what you saw/heard happen

**Switch All Roles:** new speaker for 1.5 minutes

**Share Same Feedback Again:** 1.5 minutes

**Leave Room Notice - Come Back Full Group**