

Active Listening Module

Activity (35 mins): Now the participants will have the opportunity to put active listening skills into practice!

Ask them to work with the same partner from the previous exercise. This time they sit facing each other to discuss the most exciting day of their lives. Each partner takes a turn to talk for 5 minutes, while the other partner actively listens. The listener should use as many of the positive skills as have been identified (as posted on the flipchart page on the wall). When 5 minutes are up, the listener summarizes the conversation back to the talker. After this has been done, they swap roles and do the same exercise.

After 20 minutes of conversations and summaries, you should bring the participants back to the large group. For 15 minutes, ask how they found the activity. Was it easy or difficult? How accurate were the summaries? As the listener, are they tired from being so self-aware? Although they were only listening for 5 minutes, how will they find it to actively listen to a normal conversation that might last an hour? What do they need to practice more?

Input (10 mins): Talk through the handout, Listening to Others. You can conclude this section with final comments about the importance of listening and the powerful effect that 'being listened to' can have on an individual.