

# This Listening Exercise Could Change Your Life

Create small groups of three people in each group. Allow space between groups as best you can or use breakout rooms in virtual meetings (i.e., Zoom).

**There are three Rounds** – each person takes a turn being the storyteller, listener, and observer. The storyteller and listener face each other (if meeting in-person). The observer sits to one side (in-person). The Observer is also the timekeeper.

All three rounds should take thirty minutes or less. You may want to take a couple minute break between rounds to stretch, to absorb and reflect on your previous round, and take restroom breaks.

## **For each Round:**

### **Step 1: Storyteller**

#### **For two minutes or less share about:**

Who was there?

What did you do?

When and where did this happen?

Why did you do this?

How did you feel about it at the time?

How do you feel about it as you are sharing this story now?

### **After Storyteller has shared their story:**

**Step 2: Listener recaps the details of the story they have heard and about the non-verbal body language they have seen. (1 minute)**

**Step 3: Observer shares their observations (1 minute)**

Briefly about what was said, what was not said (content of story), non-verbal body language, and what feelings were underneath the words (sadness, anger, gladness, fear, etc.).

**Step 4: Storyteller shares about their experience (1 minute)**

How was this experience for you? What did you learn?

**Go to the next Round.**