

Deep Listening

A Gift for Every Season of Life

REAL PEOPLE
REAL STORIES
DEEPER CONNECTIONS
A MORE COMPASSIONATE
WORLD

When we truly listen, we honor one another's stories, deepen our connections, and help create a kinder, more compassionate world.

"Sometimes the most loving thing we can do is simply listen."

We are better together at every age.

WHY DEEP LISTENING MATTERS



Every person's story matters.
We all want to feel seen, valued, and understood.



It builds trust and stronger relationships.
Listening opens the door to deeper connection.



It reduces loneliness.
Being truly heard helps us feel we belong.



It creates a more compassionate world.
When we listen, we see life through another's eyes.

WHAT DEEP LISTENING LOOKS LIKE



Be fully present.
Give your undivided attention.



Listen to understand, not to respond.
Let go of the need to fix, advise, or compare.



Welcome silence.
Allow time for thoughts and feelings to emerge.



Be open and curious.
Ask gentle questions and suspend judgment.



Receive the whole person.
Listen for what is said, what is felt, and what is left unsaid.

HOW DEEP LISTENING ENRICHES OUR LIVES



We gain wisdom.
Listening helps us learn from one another's experiences.



We navigate life's transitions with greater grace.
We don't have to face change alone.



We grow in empathy.
We become more patient, curious, and kind.



We leave a positive legacy.
Our listening can encourage, heal, and bless others — family, friends, and future generations.



*Deep listening is not about having the right answers.
It is about creating a safe and welcoming space for another person's story to unfold.*



DISCUSSION PROMPTS FOR OUR CONVERSATION

Choose a prompt that feels meaningful to you. There is no need to answer them all.

1

Who has truly listened to you in your life? What did they do that made you feel heard?

2

Tell us about a time when someone stayed with you during a difficult period without trying to fix things. How did that help you?

3

What is one life experience you understand differently now than you did when you were younger?

4

When have you received advice when what you really needed was someone to listen? What did that teach you?

5

What has become easier—or harder—to talk about as you've grown older? Why?

6

Tell us about a significant transition in your life (retirement, loss, health changes, family changes, a new chapter, etc.). Who listened to you during that time?

7

Who in your life might need your listening now? What might it mean to simply be present with them?

8

How has your understanding of wisdom changed over the years? Do you feel the same need to have answers that you once did?

9

What story from your life would you like younger generations to hear—not because it gives an answer, but because it might help them feel less alone?

10

What would it mean for deep listening to be part of your ongoing contribution to your family, friends, community, and the world?

*At every age,
we have something to learn.
We also have something to give.*

LISTEN | LEARN | CONNECT | BELONG | BLESS

*People.
Stories.
A Brighter Tomorrow.*