

THE ART OF ACTIVE LISTENING

Listening well is a key ability that all successful coaches possess. We present the elements of effective listening and provide opportunities for participants to practice those elements through hands-on exercises.

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1. INTRODUCTION

Without ACTIVE LISTENING, can we effectively help others grow in Relational Wisdom?

2. ASKING VS TELLING

3. ACTIVE LISTENING

My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, ... Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

James 1:19; 26

How do you know when someone isn't listening to you well?

How do you feel?

What do you appreciate about someone listening to you?

4. 80/20 RULE

5. HOW TO LISTEN BETTER

Tips for listening better. (*Handout # 2*)

6. LISTENING PRACTICE

Use **Clarifying Questions** to improve your listening (*Handout #3*)

Clarifying Meaning

Clarifying Desires

Clarifying Thought Processes

Clarifying Being

Practice Listening Skills

How did you know you were being listened to?

What progress or clarity came as a result of being listened to?

What went well as you listened?

What did you discover?

7. **HIGHLIGHT:** What insight or skill do you want to remember from this workshop?