



Practise the true art of listening!

TIPS & TRICKS FOR THE FACILITATOR

Method

Practise the true art of listening during a duo walk.

Timing

Reserve 45 minutes in the program. Participants go for a walk in duo's walk for half an hour. The first 15 minutes one of them is the detective and the other the interviewed. The second 15 minutes the roles are reversed. After 30 minutes, the whole group gets together again and everyone responds to the question: What did you experience?

Location

This method is most effective during a walk in the open air. You don't need to look each other in the eyes. Conversational pauses are less awkward while walking. The beach or the woods are perfect. If necessary you can plan a route 15 minutes out and 15 minutes back.

Introduction

As an introduction to the method you can read the story the article "The Forgotten Art of Listening" start with:
www.brodow.com/Articles/ArtOfListening.html

Duo's

Make duo's. You can let this happen spontaneously. You could also match participants beforehand. Depending on your goals you could pair people that know each other and work together or match people who do not know each other but have certain similarities.

Tips for the detectives

- Ask open-ended questions.
- Listen, listen, listen... don't interrupt, don't complete, don't tell your own story.
- If there is a pause, ask for clarification, ask about their feelings or ask a new open-ended question.
- Listen actively. Communicate to the other person that you're hearing every word they say.
- Finish with a brief summary of what you've heard. Check whether it is true.

Tips for the interviewed

- Open up.
- Dare to be vulnerable.

& HAVE FUN!