

Handout: Deconstructing Listening

Use this handout, along with the activity [Deconstructing Listening](#) to organize your conversation.

REFLECT

Select 2-3 questions from the list below. Take 10 minutes to reflect on those questions. Capture your thoughts so you can share them with your mentor/mentee later.

- What are the reasons for why we listen?
- Describe a time when you were not listened to.
- What are the factors that become barriers to active listening?
- Identify someone you think is a good listener. Why did you select that person?
- What were the behaviors? How was listening demonstrated? How did it make you feel?
- What is the power of listening? And being listened to?

SHARE

Come together with your mentoring partner to discuss your personal reflection. Share highlights from Step 1. What did you learn about yourself? And your mentoring partner?

BRAINSTORM

Brainstorm together examples of ways to demonstrate understanding and engagement. Provide an example or two of ways you could:

- Paraphrase: “I think I just heard you say...”
- Affirm: “That is a fantastic summary”
- Ask open-ended/specific questions: “Would you share more...”
- Connect by sharing similar situations: “It makes me think of ...”
- Be Inclusive: “Are there other points to raise?”
- Summarise: “Let me share what I heard...”

APPLY

Select 1-2 new approaches you could practice with over the next two weeks. How do you plan to actively use them in your spoken and written correspondence? When you next meet, share what happened when you used those new approaches and your reflections about making these changes to your listening habits.