

## HOW WILL WE KNOW IF WE ARE GETTING IT RIGHT?

### Activity 1: Sharing moments

The process of developing **relational** skills allows us to develop our own deep self-awareness, to check in with our ability to stay non-judgmental and to avoid holding onto our own (limiting) agenda.

We will know that we are on our way to getting 'it' right when the person we are listening to starts to work through for themselves what would be a useful next step: the possibilities are limitless.

**Aim:** To truly listen and to make connections based on **fact** rather than **supposition**

**Numbers:** 5-14 people, divided into pairs

**Time Needed:** 10 minutes

### Resources

- Space for participants to work in pairs
- Handout 1 - Pictures to help talk about feelings
- Timer or clock

### Steps

1. Open up a discussion with the group asking them to work in pairs and share moments when they feel they have been **judgmental** – ask *'how did that make you feel?'*
2. Get the group to suggest one thing that might steer us away from being judgmental
3. Get them to write that in a word or phrase on post it notes
4. Put the words on a flip chart for the group to see
5. Draw together the list, reading it out and encouraging comments and thoughts from the group
6. You could also provide handout 1 to the group for further ideas
7. Reflect on the process and discuss, you can also use handout 2

## HOW WILL WE KNOW IF WE ARE GETTING IT RIGHT?

### Activity 1: Sharing moments

#### Resources

##### Handout 1

'What might steer us away from being judgemental?'

This list is just a start, it's not exhaustive

- **observation** and deep observation (where we acknowledge our judgments without judgment!)
- **non-interruptions**, including 'oh', 'really', 'sure'
- being conscious of our **facial** reactions
- being **open** to new ideas
- being **curious**, asking open questions
- stay in the moment
- give the speaker the benefit of the doubt
- be content if there is no resolution (because you will have allowed time for an offloading, and a space to collect thoughts and recharging)
- empathy and kindness (with boundaries)

## HOW WILL WE KNOW IF WE ARE GETTING IT RIGHT?

### Activity 1: Sharing moments

#### Resources

#### Handout 2

***‘I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.’***

**Maya Angelou**