



# ACTIVE LISTENING

**Purpose:** to develop listening skills, increase the presence in the conversations we have with people and become a better communicator

**Duration:** 30 min

**Group size:** up to 20

**Age:** 18+

**Preparation:** participants will be working in pairs, so after you give the framework of the session, ask them to pair up;

**Process:**

In the first 5 min, start by explaining to your participants that for the next 30 minutes we will do an exercise on active listening skills. Introduce the purpose of the session, explain the flow of the session and give participants time to pair up.

Explain to the participants that in your pair, one participant will be talking for 5 min about anything he/she wants and the other needs to simply listen attentively without speaking. Once 5 min will be over, ring a bell or use any other method to let your participants that 5 min are over and it is time to switch roles. Now, the one who was speaking becomes the listener and vice versa.

Once 10 min are over, explain to the participants that they will have 10 more minutes to reflect in their pairs about the exercise. You can give them guiding reflection questions:

- How did it feel for you to be the listener? Was it easy or challenging?
- How did it feel for you to be the speaker? Did it feel good to know that your partner is really listening to you? How often in your everyday life you feel that people are truly listening to you?
- Did the exercise bring out some emotions or feelings?
- What is the main key learning you are taking away with you from this exercise?

Once participants have reflected in their pairs, invite them to stand up in the circle and for the check-out. You can ask them to tell in 1 word or 1 sentence how are they leaving the space.



**Co-funded by  
the European Union**

**Karolina Mazetyte**

Author

Co-founder of Well-being LAB Sweden, wellbeing facilitator