

Coaches As Leaders

From, *The IC Toolkit*

The Listening Fully Activity



Purpose: to practice deep listening.

Process:

1. Share the overall outcome of the activity: to exchange an opportunity with a partner to be heard without interruptions or distractions.
2. Ask participants to find a partner (adjust for groups with odd numbers).
3. Designate the partners to be Partner A and Partner B.
4. Partner A will go first in the process, and then Partner B will take their turn.
5. In Round 1, Partner A will speak about one of the following prompts for 2 minutes. Partner B will focus their attention on Partner A, listening to their words, their emotions, and the journey they take while answering the prompt. Partner B will also avoid interruptions and distractions. It is preferable that there are no phones present during the activity so that external distractions can be minimized.
6. Once Round 1 is over, both partners will share about their experience as the speaker (Partner A) and the listener (Partner B) for 1 minute.
7. Then, Round 2 begins. In this round, Partner B will be the speaker (for 2 minutes), and Partner A will be the listener. Partner A will focus their attention on Partner B, listening to their words, their emotions, and the journey they take while answering the prompt. Partner A will also avoid interruptions and distractions. It is preferable that there are no phones present during the activity so that external distractions can be minimized.
8. Once Round 2 is over, both partners will share about their experience as the speaker (Partner B) and the listener (Partner A) for 1 minute.
9. After the activity has come to a close, the following reflection questions can be used to wrap up the experience
 - A. What does this leave you thinking about being present in conversations?
 - B. What did you learn when you focused completely on your partner
 - C. What was difficult for you while listening/speaking?
 - D. How will this inform your practice?

The following prompts are for partner discussion:

- What is a favorite childhood memory, and why is it important to you?
- What has been an influential experience for you in your career?
- What hopes do you have for your future?

Measure of a Life Video



In this video, Jim talks about living consistently with your principles, getting clear on what matters, and living an undivided life.

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