

Communication Skills

From, *The IC Toolkit*

Reflection Questions for “The Conversation Workout”

1. What happens in effective conversations?
2. How can coaches “warm up” for these conversation workouts?
3. What strengths do you already have for effective conversations?
4. What else would you add to these ideas?

Expanding Perspectives Activity



Purpose: to hear different perspectives and approaches to the content of a text.

Process:

1. Start by selecting a text for a group discussion.
2. Explain the process;
 - A. Participants will be placed in groups of four (modify as needed for small groups or based on the needs of your learners).
 - B. Each of the four members will select one “perspective” to hold as they read the article. That means that as participants read, they are reading with that perspective in mind, allowing it to shape how they interact with the text.
 - C. Once everyone has read the article, the group will take turns sharing out. As each person shares their perspective, the rest of the group is invited to respond to , ad to, or build upon the ideas.
3. Then, have participants choose their perspective:
 - A. **Appreciate:** the appreciate perspective reads the article to search for ideas that they appreciate the most out of everything that has been shared.
 - B. **New thinking:** the new thinking perspective searches the article for new ideas, content, or skills that can be shared with others.
 - C. **Still processing:** the still processing perspective finds and shares ideas that are challenging, concepts that push their thinking, or concepts that they might not completely agree with at this time.
 - D. **Take action:** the take action perspective reads to find concepts that inspire them to start, stop, or explore new actions.
4. The group members read the article, holding on to their perspectives.
5. Once the group members have read, they begin sharing out, one perspective at a time. Invite all participants to respond to each perspective to add to or build upon the shared ideas.
6. At the conclusion of the activity, the following reflection question can be used for individual or group Reflection: **How have you expanded your perspective today?**