



EXERCISE: Active Listening

Divide the group in pairs. In 60 seconds, one person tells the other about a pet peeve they have, something small that really bothers them in everyday life.

The listener's job is to actively listen and find out the following aspects:

- What the speaker *really* cares about;
- What they *value*;
- What *matters* to them.

After the 60 seconds are up, the listener repeats back to the speaker the information they heard on these points, using phrases such as:

- "You value..."
- "You care about..."
- "You believe that...matters a lot"

After the feedback, the roles are reversed and the exercise is repeated.

Source for this exercise: <https://positivepsychology.com/communication-exercises-for-work/>