

Listening activity

In groups of three, take turns to be: **speaker**, **listener**, or **observer**.



Speaker

Talks about the issue or experience (3-4 minutes).



Listener

Focus on actively listening, paraphrasing and asking questions where appropriate. **Avoid interrupting or giving advice.**



Observer

Notes observations and shares them at the end of the session.

Allow 10 minutes for the process, then switch roles and repeat