

HAND-OUT

AREA: SELF CHANGE

....am aware of how I change and grow throughout life.

DESIGN AN ALBUM COVER OF YOUR LIFE: Include an image, the title, and create a playlist of up to 10 songs (real or fictional) that tell the story of your life. These can be real or fictional song titles... This will be the way that you might help your clients grow awareness about their progress in a creative way

BRAINSTORMING

- ◇ What are the differences between listening and hearing?
- ◇ Why do we need to listen?
- ◇ What is the result of not listening?
- ◇ Why do we not listen? Aspects/dimensions of listening – respect, attention, interest ... other?
- ◇ What are some verbal and nonverbal signs of listening?

EXERCISES IN PAIRS

- ◇ Ex. 1: Listen and Paraphrase
- ◇ Ex. 2: Listen and “Mirror”
- ◇ Ex. 3: Develop a *perception check* statement
- ◇ Ex. 4: Create an *open-ended* question of each of your colleague's statement
- ◇ Ex. 5: Respond with an *open-ended* question to your colleague's statement in order to get more specific information
- ◇ Ex. 6: Summarize
- ◇ Ex. 7: Giving feedback