

VALUING PERSPECTIVES IN TRIOS (~20 MIN P.P.)

Assign roles: 1 speaker, 1 listener, 1 time keeper and observer of listening levels

1. **Speaker shares topic (4').**

Uninterrupted time to speak. Free flow of thoughts and ideas. Stay with silence if it emerges. Listen in service of the other.

a. Prompts:

- i. · What's the topic?
- ii. · Why do you care about it? What emotions do you have when working on it?
- iii. · Why is it relevant and for whom?

2. **Clarifying/deepening questions by the listeners (6').**

As listeners, stick to asking questions, refrain from responding, giving feedback, suggestions, ideas etc.

- Can you tell me more about...
- Can you explain why that matters?
- What does concept x mean in your context?
- Can you explain that in a different way?
- Help me to understand this part...
- Can you make a drawing or model to explain your thinking?

3. **Stillness (1')**

4. **Mirroring by listeners (3')** in a few sentences, starting with I see.... , I sensed

I heard... You can mirror with a gesture, a metaphor (card), draw an image etc.

5. **Brief reflection on the mirroring by speaker & closing remarks (3')**

6. **Individual journaling (2')**

SWAP ROLES