



## Active Listening Practicing Safely With a Trusted Peer

**Select** those dimensions of Active Listening that you are aware you would like to practice.

- ◇ Eye Contact
- ◇ Facial Expressions
- ◇ Body Language
- ◇ Clarify
- ◇ Summarize
- ◇ Paraphrase
- ◇ Give Full Attention
- ◇ Silence
- ◇ Perception check
- ◇ Empathy
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

**Decide** what level of, and how much, feedback do you want?

**Review** your favorite feedback guidelines, highlighting those items that are important for you and your learning.

**Meet** with your co-teacher, or if you aren't teaching, perhaps there is a trusted colleague who could help you practice active listening during a meeting or in another specific situation.

**Share** the guidelines with your "helper" highlighting those items that are most important for you and your learning.

**Communicate** what level of and how much feedback do you want.

***Make sure to ask your helper to include all the things you did well. Almost every human needs affirmation and feedback that tell what worked!***



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