

LISTENING CIRCLES

Prepared by
Coaching for Creatives

Listening Circles are a simple way for a group to come together to be **seen, heard & witnessed** by asking 3 questions, taking turns to respond & listen to each other.

Listening Circles are a great way to check in as a team.

Running a Circle

A Listening Circle can run with up to 8 people & will take approximately 1 hour.

Unlike coaching, no questions are asked directly. Everyone answers the next 3 questions...

What's on your mind?

Everyone gets 3 minutes to share what's on their mind in relation to their work (or personal life!) They speak uninterrupted & when they are finished it moves to the next person in the circle.

How do you feel now?

This round is a chance to reflect on what you have heard. Maybe you didn't realise everyone was so busy, or that someone was sick or that they were on holiday next week. Everyone has another 3 minutes to reflect.

What will you take away?

Finally, you have the chance to reflect on what you have observed & what you will take away from the sharing. Maybe you can offer more help or explain things clearly, or feel better knowing your concerns are shared.

The benefits of Listening Circles include:

- A deeper understanding of issues facing your group or team
- A sense of empathy
- A greater working dynamic

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to work with at

www.coachingforcreatives.co.uk