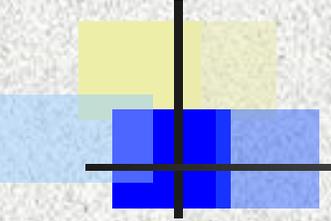


The Importance of Active Listening in Fostering Safe Group Learning Experiences

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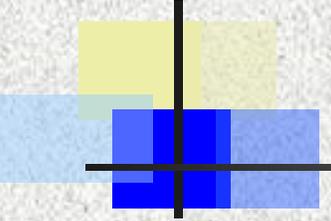
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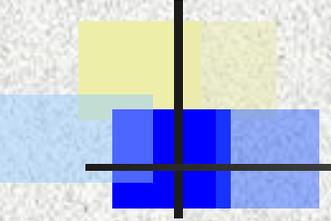
Listening to:

- Cultivate Connections
- Create Community
- Foster Relationships
- Support Group Experiences



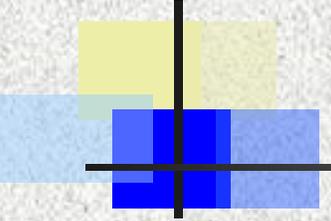
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- Reflection:
 - Consider a time when *you felt* welcomed and seen and heard within a group learning experience. What made it so?
 - Consider a time when *you didn't feel* welcomed and seen and heard within a group learning experience. What made it so?



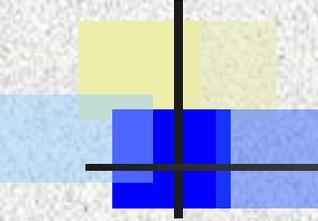
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- Belonging Definition:
 - “is a feeling of being happy or comfortable as part of a particular group and having a good relationship with the other members of the group because they welcome and accept you.” Collins Dictionary
- A sense of belonging is one of humanity’s most basic needs.



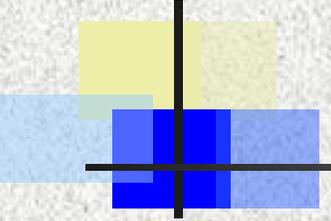
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- Community Guidelines:
 - How would I like to be treated in this space so that I feel welcomed and a sense of belonging?
 - How am I willing to treat others so that they feel welcomed and a sense of belonging with me?
 - What do I believe our community guidelines ought to be?



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- Preparing for Group Sessions:
 - Investing in the Content
 - Investing in Ourselves

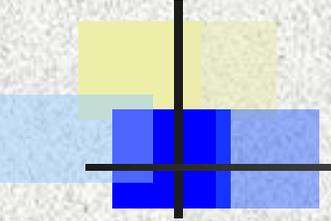


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- **Embodied Listening:**

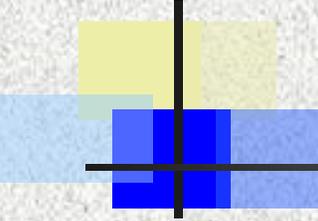
“Embodied listening is listening with the whole body, a kind of deep listening in which we are *fully present for others*, giving them space and support to share their experience fully.” Garrison Institute

- What supports you in being *fully present* during group learning experiences?



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“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Maya Angelou



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