



LISTENING WITH RASA

INSTRUCTIONS FOR BREAKOUT ROOMS:

You will randomly be paired up with a partner

- One Listener
- One Talker
- Two Rounds –3 Minutes Each (Keep Time!)

(Each person has a turn being talker & listener)

- **Talker:** Talk about something you learned (a skill) or something you learned about yourself during the pandemic.
- **Listener:** Use RASA to practice being a good listener.

Talker & Listener Tips



Talker:

- Sometimes emotions can get triggered during exercises.
- Play it safe and stick with subject matter that is **not** going to be triggering for you.
- Do not expect to get a problem solved. Your partner is going to practice being a **listener**.

Listener:

- **Resist** the desire to jump in and solve a problem.
- Think about **compassion vs. solution**.
- Listening can be enough, and all a person needs – **practice the RASA skill**.

R – **Receive** what the person is saying

A – **Appreciate** where they are coming from

S – **Summarize** what you have heard

A – **Ask** clarifying questions to ensure understanding