



INCLUSIVE ACTIVITY

LISTENING WELL

DURATION: 20 - 30 minutes

PURPOSE:

This activity encourages people to become more attuned to diverse perspectives, enhancing collaboration and empathy in the team.

PREPARATION:

People should be in groups of 3-6. Larger teams you will need a bigger room.

STEPS:

1. Choose a topic or allow the group(s) to suggest one.
2. In each group, one person will share their thoughts on the topic while the others actively listen without interrupting.
3. Once the speaker is finished, the other group members can ask clarifying questions or share their thoughts and reflections.
4. Rotate until everyone has had a chance to share and listen.
5. **Debrief:** Discuss how it felt to be listened to without interruption and how active listening changed their perspective on the topic. Highlight the importance of respecting others' viewpoints and how it can foster a positive work environment.

@ Team Building World 2024



"We celebrate our diverse culture where everyone's contribution is welcomed and valued."

WHAT ROLE MODELS DO:

- **Respectful** - Understand differences & respect Individuality.
- **Authentic** - Strive for honest & genuine interactions.
- **Diversity Champions** - Invite & listen to the views & opinions of others.

LEADERS ALSO:

- **Respectful** - Create team environments where it feels safe to ask questions, share views, & challenge non-inclusive situations.
- **Authentic** - Are consistent & transparent with how colleagues are led & motivated.
- **Diversity Champions** - Ensure a diverse range of people are involved with making decisions or generating ideas.