

Exercise: My listening skills and dialogue mindset

My listening skills

- When was the last time I really listened to somebody?
- What did I do?
- What was my physical and mental attitude towards that person?
- What made me listen?
- How could I use these strategies in other contexts?
- What could I practice?

Listening practice with a colleague

Ask your colleague to talk about a topic they would like you to „lend an ear“ to. And then lend the ear by staying in their story, diving into their logic and trying to really understand their point of view – even if it is very different of your experiences so far!

Reflect afterwards:

- What worked?
- Where was it difficult?
- Which strategies could you use next time?



First Aid for the Artist's Soul.
Stress management, communication and conflict resolution in the cultural sector.
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