

# MEETINGS THAT ROCK!

By North Star Facilitators



## Constructivist Listening Technique

Source: Adapted from Julian Weissglass and Luna Jiménez Seminars

Remember this is a timed, uninterrupted, confidential listening exercise. Use this in meetings to help your participants be clear and present for important meeting content. You can use the question below or customize one related to an important meeting topic.



- Find someone with whom to do exercise.
- Face each other. Nothing in your hands.
- Decide who will speak first.
- Listener stays silent and maintains relaxed, confident facial expression. We often say - keep a “juicy” face - showing interest.
- Speaker owns the time - can speak or not speak at any point in your time.
- If speaker tries to engage you, listener in talking, resist every attempt, no matter how desperate they are to get you to talk.
- You will each have 2 minutes to answer this question: *“What do I need to clear to be more present now?”*
- There is no right or wrong way to answer this. You decide what to share.
- Consider sharing though, the thing you just decided you will not share. That will deepen the experience for you.
- When the first speaker’s time is over, the bell rings. Switch roles, the speaker becomes listener and vice versa.
- Please do not refer to anything the first person said. Not now or ever. This is not the time to match what the speaker before you said.
- Use your first language. This is the language you dream in, curse and count in. This is the language of emotions and we encourage you to access emotions in this exercise.
- Like it or hate it, it will be over in 2/3/4 minutes! (Choose amount of time for each speaker depending on your topic and time available for your meeting.)
- You may begin.