

ACTIVE LISTENING

UNIT 5

The Lewis and Clark Story

The Expedition Begins

Lewis entrusted Clark to recruit men for their “Corps of Volunteers for Northwest Discovery.” Throughout the winter of 1803-1804, Clark recruited and trained men at Camp DuBois north of St. Louis, Missouri. He chose unmarried, healthy men who were good hunters and knew survival skills.

The expedition party included 45 souls including Lewis, Clark, 27 unmarried soldiers, a French-Indian interpreter, a contracted boat crew and a slave owned by Clark named York.

On May 14, 1804, Clark and the Corps joined Lewis in St. Charles, Missouri and headed upstream on the Missouri River in the keelboat and two smaller boats at a rate of about 15 miles per day. Heat, swarms of insects and strong river currents made the trip arduous at best.



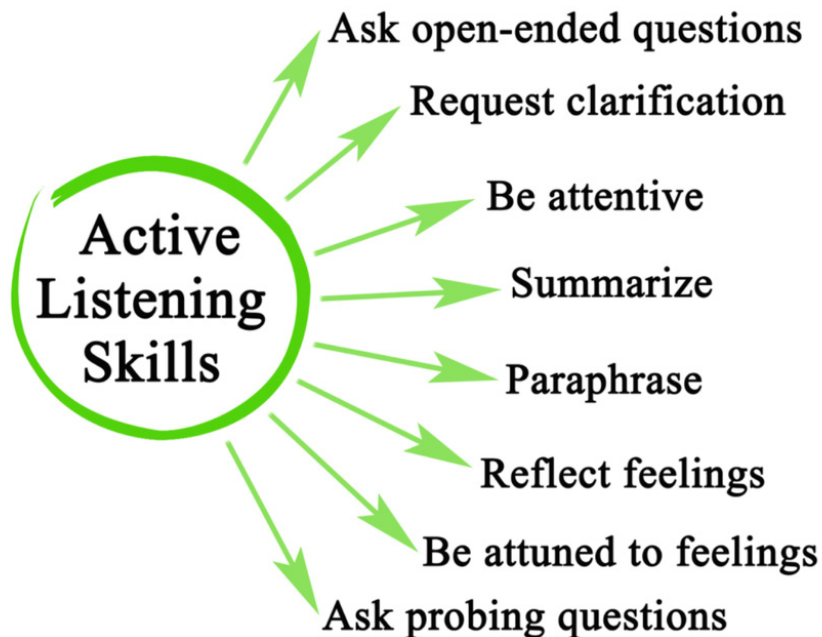
ACTIVE LISTENING

GUIDE BY LISTENING

Goal: To commit to deeply listen, retain information, and respond appropriately

ZOOM CONNECTION (Powwow)
Meet in the PYLP ZOOM ROOM at 8 a.m. to 11 a.m.

“Leaders who do not listen will eventually be surrounded by people who do not have anything to say.”
-Andy Stanley



IMPORTANT WORDS

Active Listening is to Comprehend, Retain and Respond

Door Openers:

- Tell me more
- Go ahead
- I am listening, that sounds interesting
- I understand what you are saying

Verbal Affirmation:

- I see
- I know
- Sure
- I Understand
- I hear you
- Thank you

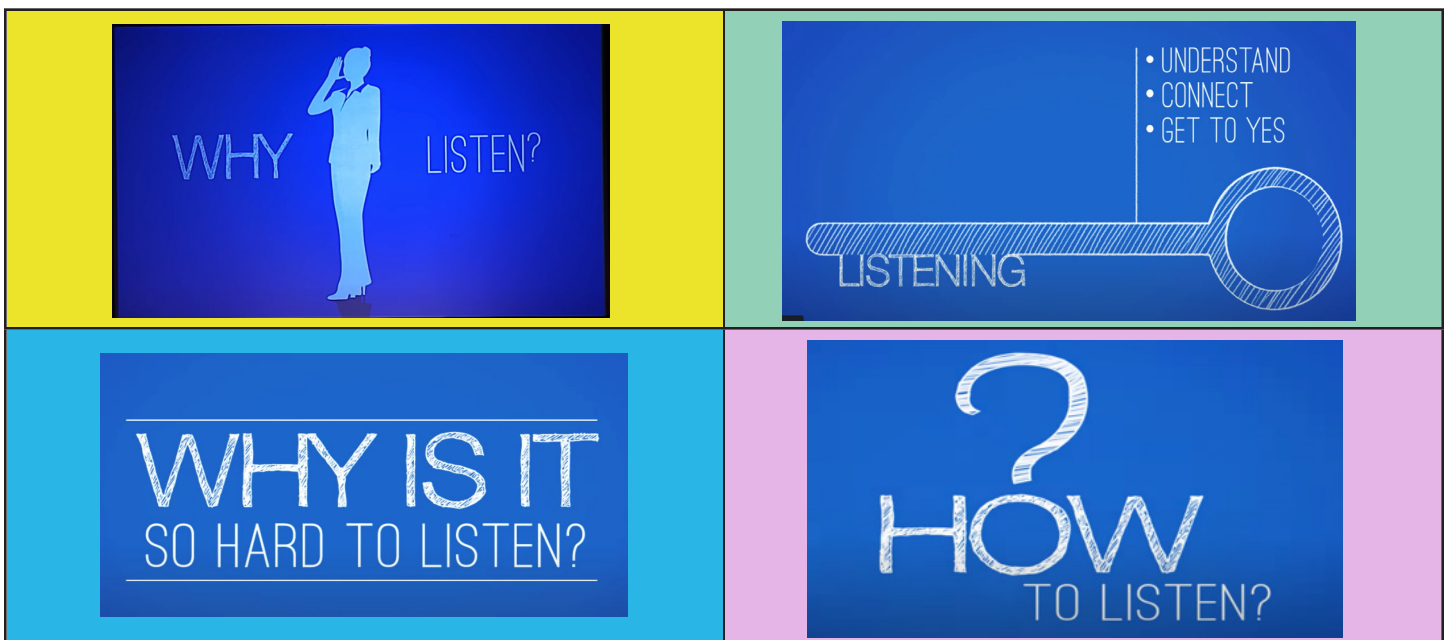
ON YOUR OWN: WATCH IT!

Listen to this song “Where is the Love” by Black Eyed Peas: 

What is this song about? Draw what you hear.

Watch this Ted Talk on “The Power of Listening by William Ury: 

**If a Tree falls in the forest and no one is around to hear it,
does it still make a sound?**



Some Notes about Listening:

Listening requires concentration and skill. Some of us have never actually practiced listening or learned how to suspend our thinking while others speak. This can be especially difficult when dealing with challenging members of our community. As a leader, you must also be willing to suspend the belief that you must be:

- In control of the situation at all times.
- Ready with a solution because you are the expert.

Many traditional, authoritarian leaders struggle to allow time and space for others to express their ideas. The best leaders listen objectively to all points of view and influence others to make the best choice, regardless of whether the idea was theirs to begin with.

Learning how to truly listen to others requires willingness, practice, and patience. Rather than preparing your response, multitasking, or evaluating what has been shared while others are talking, you must concentrate on the speaker and fully absorb the message. To become a better listener, there are several skills you can practice:

1) Give the other person an opportunity to express his or her point of view. You may need to ask for input during the conversation. To invite them to participate, say, “I’d like to hear from you on this topic. What ideas do you have?”

2) Listen carefully and focus on absorbing the content of the message. Let the other party tell his or her story first, before you share your perspective. Fight off distractions by scheduling the discussion at an appropriate time and place. If it’s a complex issue, schedule a conference room away from your phone and computer so you won’t be interrupted.

3) Use positive body language and show interest in what is being said. Simply allowing the other person to speak isn’t a good measure of the quality of your listening. Maintain eye contact and lean towards the other party when key ideas are presented. Take a few notes if needed, but keep them brief.

4) Stay aware of the nonverbal signals you may be sending and the feelings you and the other person are having during the discussion. Acknowledge any underlying emotions without judgment or criticism. A statement like, “It sounds like you are frustrated with others on the team” can help move the dialogue past the issue and towards finding a solution.

5) Don’t interrupt or talk over the other person. After he or she has finished conveying the message, verbally paraphrase key points to make sure that you have understood what was said. Then, ask follow-up questions to probe for more details.

Source: <https://cmoe.com/blog/strategic-leaders-listening-skills/>



REMINDER:

Let us Powwow in the PYLP ZOOM ROOM

Meditation and Breathing Exercise:

Let us go to the Mountain.

Find a comfortable space. Lay on your mat. Close your eyes.

Small Group Exercises:

Role Play People's Narratives

List Appropriate Questions

Paraphrase People's Narratives

LET'S PLAY TOGETHER: ICE BREAKER

Small Group Breakout (ZOOM Rooms)



Everyone will have an opportunity to talk and listen. The first person starts to tell a story (whatever he/she wants). After 3-5 sentences, say "stop" and randomly choose another participant to continue. This person now has to repeat the last sentence said and then continue making up the story. If they cannot correctly repeat the last sentence after five seconds, they are disqualified. The game continues with the same rules and the winner is the last person remaining after everybody else is disqualified.

Have a discussion

Reflect on the game. *When and how was your attention distracted? What helped you concentrate and remember the previous sentence?*



IMAGINE IT TOGETHER

Imagine The Lewis and Clark Expedition. In what ways would listening skills be relevant in their journey as they travel as a group? How would Lewis and Clark have responded if they were truly listening? What questions might they have asked to understand more about the problems and challenges they encountered?

SITUATION	RESPONSE
Crew is expressing fatigue and loneliness	
One crew member is having altitude sickness	
There were reports of snow slopes along the road	
Two crew members are having heated debates about the uncertain future	
Several crew members want more concrete expedition plans	
Some crew members are fearful of the Native Americans along the way	

ON YOUR OWN AROUND YOUR COMMUNITY

Be an anthropologist. Be a qualitative researcher. Walk around your neighborhood and listen to what people are talking about. Write these words, phrases, and comments on the bubbles below. You can also strike a conversation with a group and just let them talk. Write about this experience.



About the Session Today

NOTE TO SELF: Use this to write notes to Yourself.

HANDOUT

Post-Training

1. My expectations were met by . . .

2. I need to work on . . .

3. I was surprised to discover . . .

4. I commit to improving these skills . . .

PYLP Checklist

Check the following boxes below to complete this module.

- ☐ I have read all the material presented on active listening.
- ☐ I have listened to the song “Where is the Love” and reflected on it.
- ☐ I have watched the video TED Talk on Active Listening.
- ☐ I have participated in today’s group session
- ☐ I have completed the exercise on walking around my community, listening to people and writing about what I hear.
- ☐ I have completed the post-training handout about the session today.

COLOR ME!

