

Empathy Circle

www.empathytent.com

Speaker

Speak to the focus topic or what is on your heart. Break it into 1-3 sentences so the Active Listener can reflect back to you what you have said. Repeat it if the active listener hasn't quite got it. Start wrapping up when the 1 minute left sign is shown.

Active Listener

When the speaker pauses after 1 - 3 sentences, say back to them what you have heard. You can ask them to say it again if you can't quite remember.

Silent Listener

Be present in the conversation. You simply listen attentively, pay attention to your body and what is happening.



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