

LISTENING 1:
from HABITS

Downloading

Reconfirming
old opinions
& judgements

LISTENING 2:
from OUTSIDE

Factual –
Noticing
Differences

Open
Mind

Disconfirming
(new) data

LISTENING 3:
from WITHIN

Empathic
Emotional
Connection

Open
Heart

Seeing through
someone else's
eyes

LISTENING 4:
from SOURCE

Generative from
what could be
possible

Open
Will

Connecting to
the emerging
future

- Choose a partner, someone you don't know or know well
- Each person speaks ***uninterrupted for 15 minutes*** sharing what you are comfortable with:
- Briefly share your background (where you grew up, where you work etc.)
 - What are the 2 or 3 events, choices, people, that shaped your life?
 - What drew you into this work?
 - What is brewing in your life right now?
- After each person speaking, take a moment in silence to notice where you are and if you are drawn to anything in the landscape.
- Take the remaining time to talk together about what came up for you, finishing with one question or action you are taking from the conversation.