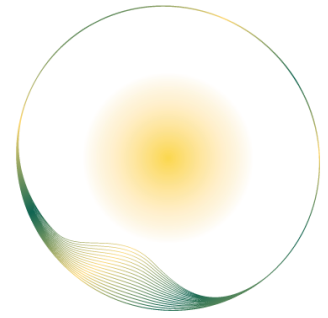


A Storied Life

Your story matters. Let's hear it.



Practicing Attentive Listening

A Transformative Tool for Serving Your Clients, Your Community, and Your Calling

Listening is the oldest and perhaps the most powerful tool of healing.

- Dr. Rachel Naomi Remen

Intentions

- To refresh our appreciation of attentive listening as a tool for building trust, easing isolation, and restoring dignity – for the people we serve and for ourselves as caregivers and professionals.
- To meaningfully connect with another person via practice.
- To renew our sense of compassion and calling.

We call it Storylistening

Storylistening is the practice of offering careful attention to another as they speak their truth without intruding with our impulses to interrupt, save, fix, or advise. When offered with a spirit of generosity and respect, it builds a sense of trust and connection that is lifegiving for all.

Storylistening Activity

- Pair up with another person (it can be someone you know well or just met).
- Try to release yourself of the responsibility to “help.”
- Each of you will have 8 minutes to share while the other listens attentively.
- When the bell rings, you have 2 minutes to wrap up and express gratitude.
- While sharing, speak what’s true for you and try to allow your partner to be there for you.
- While listening, use minimal verbal responses (“mm-hmm,” “yes”) and let silences be – don’t rush to fill them. Ask open-ended follow-up questions that invite further sharing.

Storylistening Prompts

- What led you to where you are today?
- What’s something you loved as a child that still brings you delight?
- How do you hope to be remembered?

When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole.

- Dr. Rachel Naomi Remen