

Reflective Listening & Values Surfacing

Handout 1: Roles Description



The Renée Crown Wellness Institute
University of Colorado **Boulder**



This activity provides participants an opportunity to focus attention on certain elements of a shared story. To this end, the roles detailed below are significant to the success of this exercise. Please take the time to explain carefully and ensure everyone understands what they are doing/responsible for during each cycle of the activity.

THE STORYTELLER

Your role is vital and provides the “story” that your group will respond to as the activity unfolds. You will have 3-5 minutes total in which to share your complete story.

Please think carefully about a time in which you either:

- Faced a personal or professional challenge. This can be a story of triumph or hard lesson learned, but please include a sense of “why” this sticks in your memory as a significant moment for you.
- Undertook making a personal change in your life. This can also be a story of triumph or struggle, but please share what motivated you to want to make this change and what happened when you attempted to do so.

THE LISTENERS

These three roles are responsible for listening for the 3 distinct categories listed below. Review the Handout 2 - Feelings & Values Reference Sheet carefully while the Storyteller is prepping their tale. This sheet is meant to help guide you as you listen and jot down key words, reflections, and impressions while listening. You will have 2 minutes to share out what you heard so please be prepared to succinctly reflect back your reception of the story.

- Listener 1, Facts: Your role is to listen for the details of the story, paying attention to the who, what, where, when, or how of what you hear. Imagine you’re an investigative journalist needing to release a quick summation.
- Listener 2, Feelings: Your role is to listen for the emotions expressed by the storyteller, paying attention to the feelings and tone portrayed in the story.
- Listener 3, Values: Your role is to listen for the priorities revealed by the story, paying attention to significance or judgements. Jot down what seems most important to the storyteller - is anything repeated? Emphasized?



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