Reflective Listening & Values Surfacing; Handout 1: Roles Description

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:
> *[Insert prompt relevant to the team]*
> *Examples:*
> > a. *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.*
> > b. *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: Listeners are responsible for listening for the 3 distinct categories:
- **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.
- **Feelings:** Your role is to listen for the emotions expressed by the storyteller, paying attention to the feelings and tone portrayed in the story.
- **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?

It will be helpful to reference Handout 2 - Feelings & Values Reference Sheet while the Storyteller is prepping their tale and then to take notes while listening. This sheet is meant to help guide you as you listen and jot down key words, reflections, and impressions while listening.