

Look Who's Talking!

Listening When You Might not Feel like it

Presented by Mary Miscisin



How open are you to really listening and receiving the gift of feedback even if it's not packaged as pretty as you'd like?

This thought-provoking, laugh-inducing, participatory session will increase your comfort level in considering the input of others. Practice giving and receiving feedback in playful, non-threatening ways so when it's your turn to listen, you'll recognize the contributions even when they may be buried by what seems like condemnation.

Outcomes

- ▶ Increase your comfort level in hearing other's comments or criticism.
- ▶ Learn how to clarify feedback in a non-threatening way.
- ▶ Practice giving and receiving feedback in a fun and playful manner.
- ▶ Use your innate ability to spot discrepancies to gain insights about yourself and distill the reason for giving feedback in the first place!
- ▶ Follow a recipe for discovering the intended good in feedback offered and using it to your best advantage.

Program Level

- ▶ Beginner to intermediate
- ▶ Anyone wishing to increase their comfort level in accepting feedback from others
- ▶ Especially helpful for work teams and departments

Program Format

- ▶ This is designed to be a 90-minute presentation
- ▶ Extra components that address gossip are available that extend the session 30-90 minutes
- ▶ Action-packed session contains several participatory, comfort-zone stretching activities, all in a safe and fun format
- ▶ Additional segments for managers and supervisors available – highly recommended!