

This exercise is for all participants of the training, regardless of your role at DRS.

Smooth Listening Exercise

Pair up with a colleague at work during a project debriefing meeting. Your partner should be someone that you don't know or don't know well for the purposes of this exercise.

Find 2 skills that your partner has that are not readily apparent. A skill is something that takes practice to master. Avoid work related skills (i.e. skilled counseling, sign language, interpersonal skills) and focus on personal hobbies, passions, avocations (i.e. knitting, interior decorating, races motor cycles).

The catch: you must do this **without asking any questions!** How might you do that? Think about a statement like, "Tell me about yourself". "Tell me what you do for fun". Later you might say, "Explain how that happened". Have a conversation.

You have 30 minutes for this exercise for you and your partner to each uncover 2 skills that you each have. See if you can do this without asking any questions!

You will debrief this exercise with your group.