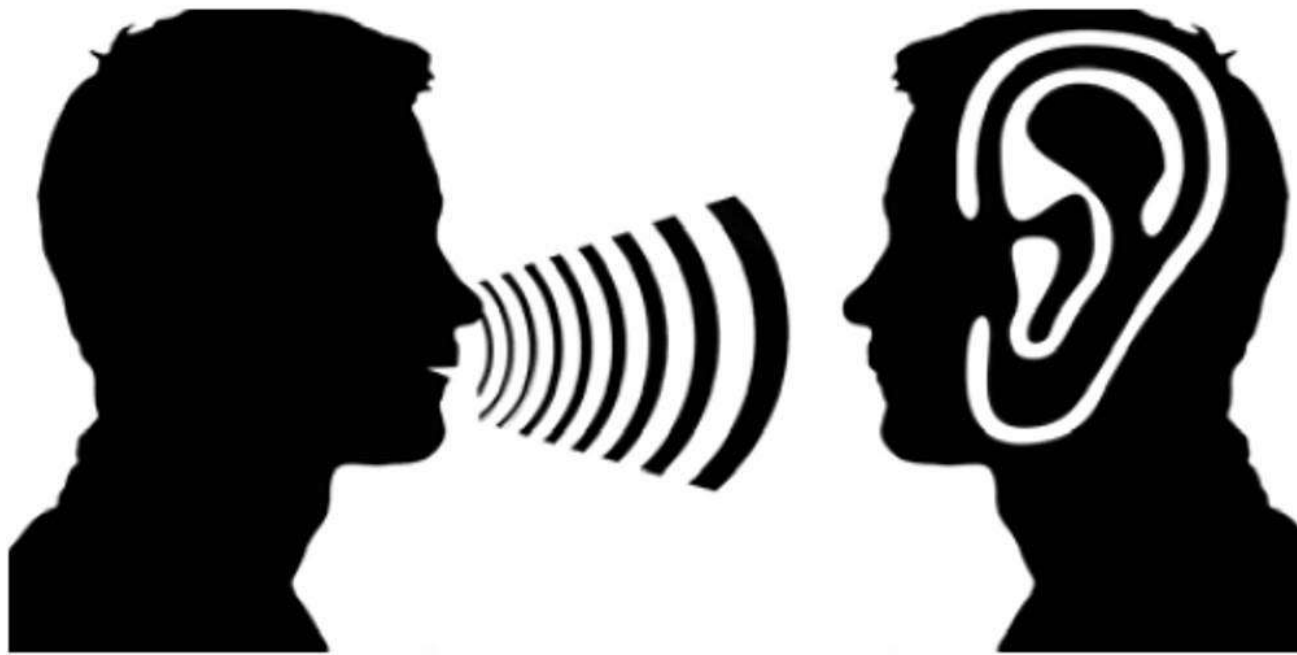


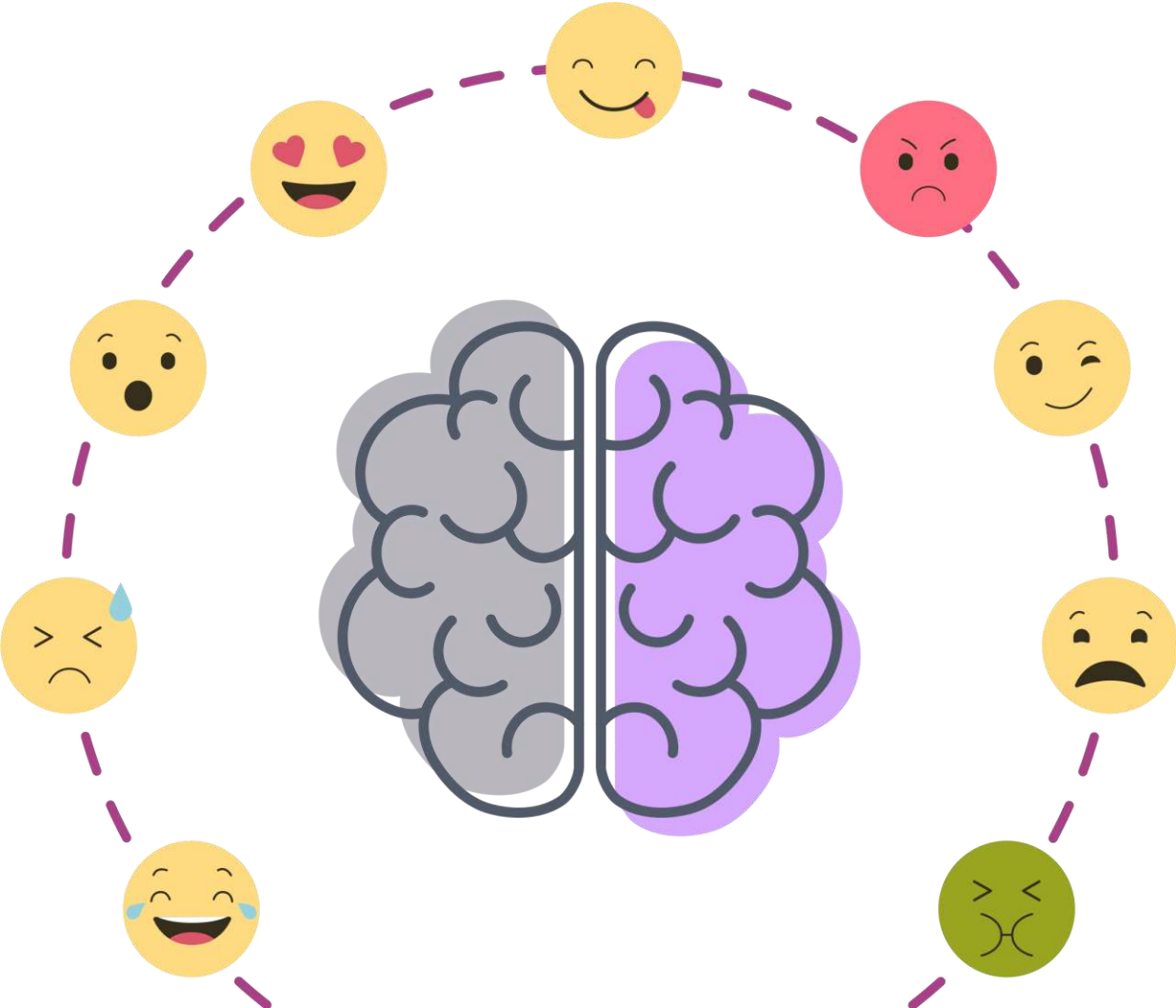
# ACTIVE LISTENING



# 5 ACTIVE LISTENING TECHNIQUES:

1. PAY ATTENTION;
2. SHOW THAT YOU'RE LISTENING;
3. PROVIDE FEEDBACK;
4. DEFER JUDGMENT;
5. RESPOND APPROPRIATELY.

# HOW ARE YOU FEELING...?



# PRACTICAL TASK

- ▶ **FIND A PAIR;**
- ▶ **EACH MEMBER OF THE COUPLE WILL HAVE 3 MINUTES FOR SHARING;**
- ▶ **AFTER 6 MINUTES THERE WILL BE A NEW QUESTION AND WE WILL CHANGE THE PARTNER.**

**GIVEN THE CHOICE OF  
ANYONE IN THE  
WORLD, WHOM  
WOULD YOU WANT AS  
A DINNER GUEST?  
WHY?**

**WHAT WOULD  
CONSTITUTE A  
„PERFECT“ DAY FOR  
YOU?**

**WHAT IS YOUR THE  
MOST TREASURED  
MEMORY?**

What is one goal  
you'd like to  
accomplish during  
your lifetime?



What's your  
favorite thing  
to do in the  
summer?

If you could visit any  
place in the world,  
where would you  
choose to go and why?

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The text is centered on the white background.

What's the ideal  
dream job for you?

If you had to  
describe yourself  
using three words,  
it would be...

If you won a lottery ticket and had a million dollars, what would you do with it?

**WHAT WOULD YOU  
LIKE TO CHANGE IN  
YOUR CURRENT LIFE?**

# REFLECTION

- ▶ HOW DO YOU FEEL?
- ▶ WHAT NEW DID YOU LEARN?
- ▶ WHAT IS THE MOST IMPORTANT THING YOU WILL TAKE OUT FROM THIS ACTIVITY?

