

# HEARD SEEN RESPECTED

"Practice deeper listening  
and empathy with colleagues"

3 min

1

Introduction of the purpose.



10 min

2

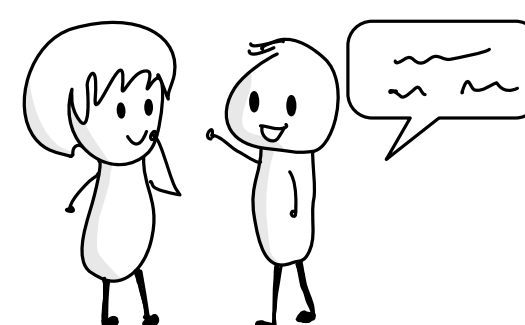
Each person has 7 mins to share.



5 min

3

Partners share the experience of  
telling & listening.



5 min

4

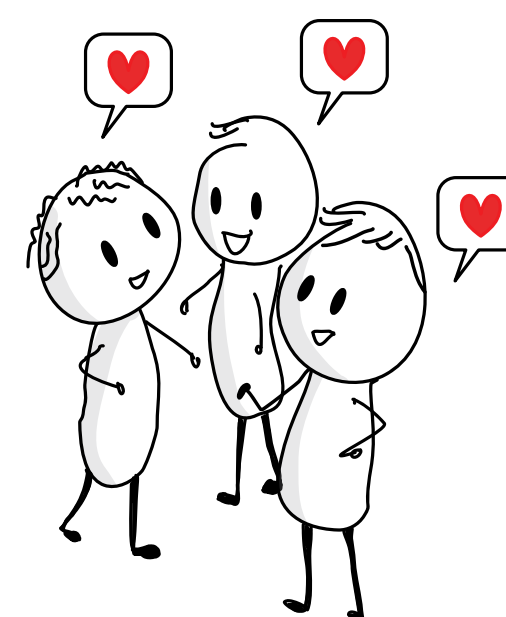
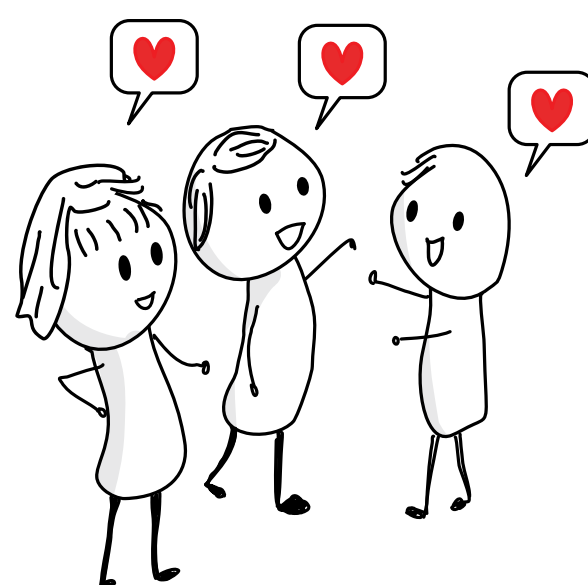
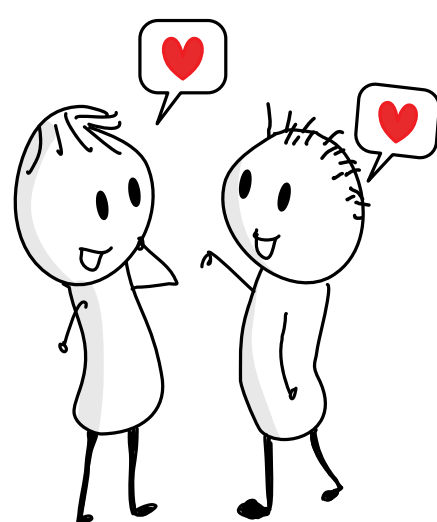
In foursome, reflect about the  
patterns using 1 - 2- 4 - all.



5 min

5

Reflection in whole group.



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