

# ROAD TO MENTAL READINESS

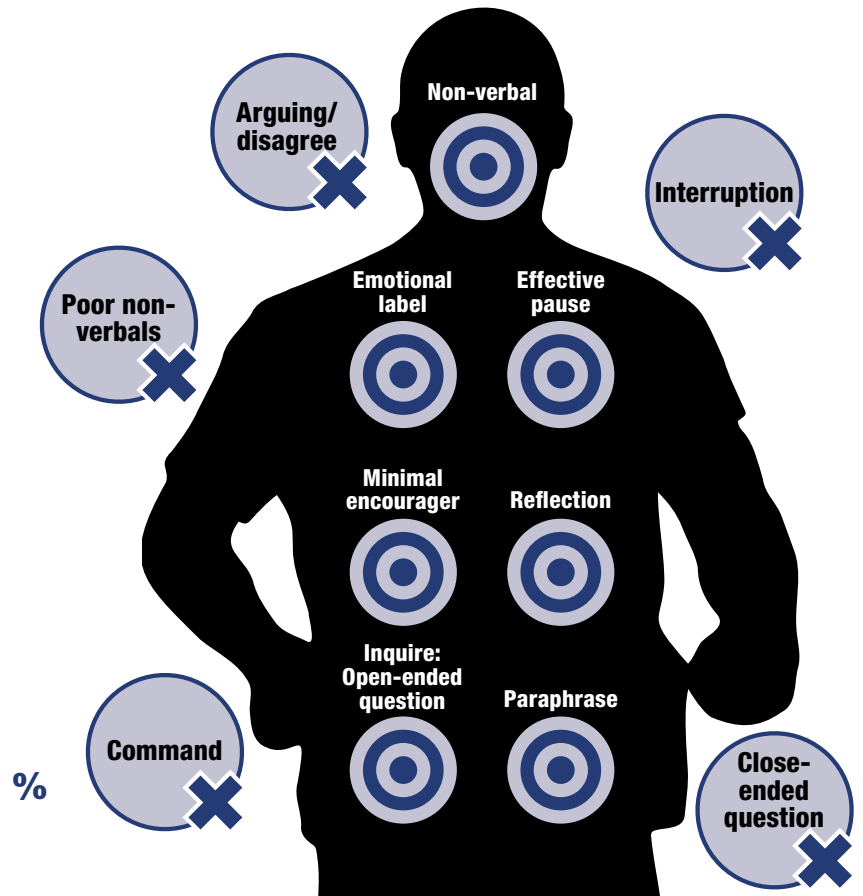
## Activity

### Active Listening Skills

One member will speak for 2 minutes about any topic, while the other will listen and only respond by using the **Active Listening Skills**. The third member will act as an evaluator and listen to the dialogue, track what skills are used or what missed Active Listening targets occur. The evaluator will provide feedback to the active listener upon completion of the exercise. Each member of the group will practice applying the **Active Listening Skills**.

#### Suggested Topics:

- Sports (leagues, event, team, characters)
- Holiday, Vacation (best/worst, plans)
- Family (immediate, extended, characteristics)
- Work
- Movies, TV, Video Games (series, genres, best/worst, characters)
- Hobbies
- Books, Journals
- Current/Historical Events
- Politics



ALS Hits

ALS Misses

Total

ALS Hits/Total

%

Comments

+ -	

Please save and send this completed form to your facilitator.