



ACTIVE LISTENING

Video meetings can be a welcomed way to connect. However, the wealth of visual cues on your screen can quickly take your attention elsewhere.

This exercise helps you meaningfully connect with fewer distractions. Participants are challenged to **listen to each other without videos, using only their voice.**

REQUIRED MATERIALS:

- Computer
- Access to any video conferencing service

ESTIMATED TIME REQUIRED:

10 MINUTES

DIRECTIONS:

1. Invite participants to momentarily turn off their video function. This allows everyone to focus on what other participants are saying.

2. Share a prompt, icebreaker, or check-in question with the group.

Tip: Try sharing the prompt using the chat box message or by sharing your screen.

Example prompts:

(+) What's the best piece of advice you've ever been given?

(+) Describe yourself in 3 words.

(+) What do you want to be remembered for?

(+) What is your favorite item you've bought this year?

(+) How has Covid-19 changed the way you work?

(For a more playful variation, participants can disguise their voices to make prompts more challenging and encourage more intense listening from the group)

3. Invite participants to respond. Once everyone has responded, consider some follow-up activities.

For example:

(+) Have people guess who is talking

4. After everyone has gone, direct participants to turn their video sharing capabilities back on

5. Ask the group how the communication experience was different.

Ask questions like:

(+) What did we notice when we couldn't see one another?

(+) What can be taken from this experience and channeled into the remainder of the call?

(+) In what ways is video helpful and productive?

(+) What does it allow us to do remotely?

(+) In what ways can video be challenging or distracting?