**Level Three Listening & Questioning**

**Group Activity 1. (15 mins – 7 mins each partner)**

Our invitation is for you to practice, play and explore L3 listening and questioning in pairs. Remember “double confidentiality”!

You’ll be in pairs and you will each have **7 minutes** to practice L3 listening and questions with your partner as ***“coachee”*** and as ***“coach”****.*

You will practice both roles during this session - 7 mins each - (We’ll give you notice when 7 mins is up so you can switch roles).

**Coachee:** Choose a topic or describe a situation or project in your academic work /life where you want something to change or where you want to spend some time to examine things a little more closely. It may be a place where you’re stuck or where you want more clarity.

**Coach:** Listen deeply to what your partner is saying, get to that level 3 listening where you’re listening to more than just the words.

Let go of your own opinions about the situation or what your coachee should do

Use **some** of the questions on the worksheet to help your partner explore deeper into their situation, and gain some deeper insights.

Use this space to make notes.

|  |
| --- |
|  |

**Coachee:**

**Describe your situation / the area where you want to effect change or gain more clarity**

**(Try to do this in a succinct way as we’re limited for time!).**

**Coach:**

**1. Work with your coachee gain more insight about their situation or project.**

Sample questions: (choose one or two that best fit the situation).

* *What makes this situation important for you now?*
* *How would you like the situation to be different / change?*
* *How might you identify success?*
* *Who is in your thoughts as you begin to work through this?*
* *What are you longing to build / do / create?*
* *In what ways might this work change you?*

**Coach:**

**2. Focus your coachee to identify one or more learning questions to move them forwards.**

Sample questions: (choose one or two that best fit the situation).

* *What are some of the unknowns around this situation?*
* *What do you need (to know) right now to move forwards?*
* *What are you curious about?*
* *Could you reframe some of the unknowns as questions?*
* *What is a learning question that could move you forward?*

L3 questions are:

* Intended to help the “coachee” develop a deeper understanding / or gain further insights into their situation
* Mostly framed in the present or future
* Open-ended. Not leading
* Often begin with “*What”* or *“How”*
* Short - around 5-10 words

**Follow up and self-reflections on Activity 1**

The following inquiries are offered as a way for you to reflect on the use of L3 conversations in your professional life and work.

* How does it feel when someone listens actively (at L3) when you speak?
* What do you have to let go of when you ask L3 questions?
* Where might you start experimenting with L3 conversations in your everyday life and work?