

## EPISODE 2



# FROM ATTENTIVE TO EMPATHIC: UNLEASHING THE TRUE POTENTIAL OF LISTENING

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In this episode of Teaching Restored, we dive into the transformative power of empathic listening. Join us as we explore the difference between attentive and empathic listening and discover how being vulnerable to the Spirit's guidance can enhance our teaching. Through personal stories and practical insights, we learn the importance of actively listening, summarizing responses, and providing emotional air to create a safe and engaging classroom environment. Tune in to learn how to foster understanding, gain valuable insights from others, and truly connect with our students through empathic listening.

### **5 KEY TAKEAWAYS**

1. **The Levels of Listening:** Discover the four levels of listening, from ignoring to empathic listening, and learn how to guide conversations in the right direction.
2. **The Language of Empathy:** Uncover how to respond accurately and check for understanding, so your students feel safe to contribute and share their thoughts.
3. **Emotional Air:** Find out why emotional air is vital for creating a safe space and fostering psychological safety, allowing meaningful dialogue and contribution.

4. The Talking Stick Technique: Explore how the "Talking Stick" approach can empower your students to express themselves, while you earn back the privilege of asking introspective questions.

5. The Power of Mirroring: Learn how mirroring and capturing what others say without emphasizing personal points can hone your empathic listening skills and create deep connections.

### **FUN FACT**

Did you know that Julie has a habit of writing out her entire lesson plan? That's right! But after some reflection and encouragement from Jeffrey R. Holland, she's ready to throw out the script and be more vulnerable, relying on the Spirit to guide her teaching. Talk about stepping out of your comfort zone!

### **DISCUSSION QUESTIONS**

1. How would you differentiate between attentive listening and empathic listening?
2. Have you ever experienced a situation where you felt ignored or shut down in a conversation? How did it make you feel?
3. How can practicing empathic listening create a safe and inclusive environment in a classroom or any group setting?
4. How might negative attitudes, personal agendas, and a lack of love from teachers or leaders impact students' sense of safety and willingness to contribute?

5. Can you think of a time when you were engaged in a conversation where emotional air was necessary? How did empathy or understanding help in that situation?
6. What are some strategies you can use to actively listen and ensure accurate understanding before responding?
7. Have you ever tried the technique of using mirroring or robotically repeating what someone says to help develop better listening habits? How effective was it for you?
8. How does the concept of the "Talking Stick" promote empathic and inclusive conversations in a classroom or group setting?
9. Reflecting on the video, what are some ways we can demonstrate understanding and empathy when engaging in discussions with others?
10. Can you share an example of a time when you witnessed or experienced a leader using Introspective questions to promote understanding and meaningful dialogue? How did it impact the conversation or the participants' perspectives?

## **INVITATION**

Focus on your listening skills. Empathically listen and then tell us how it went. Was it difficult to do? What were the outcomes? Did it help - and how? Tell us in the comments.

## **WRAP UP**

There you have it! Empathic listening is a game-changer for teachers and leaders alike. Let's create an environment where everyone feels heard, valued, and safe to share their thoughts and experiences!

We hope you enjoyed this episode as much as we did creating it! Stay tuned as we continue journeying through the intricate world of teaching and learning, bringing you more insights, stories, and practical tips along the way.

-Kevin Jones & Julie Hillyard

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