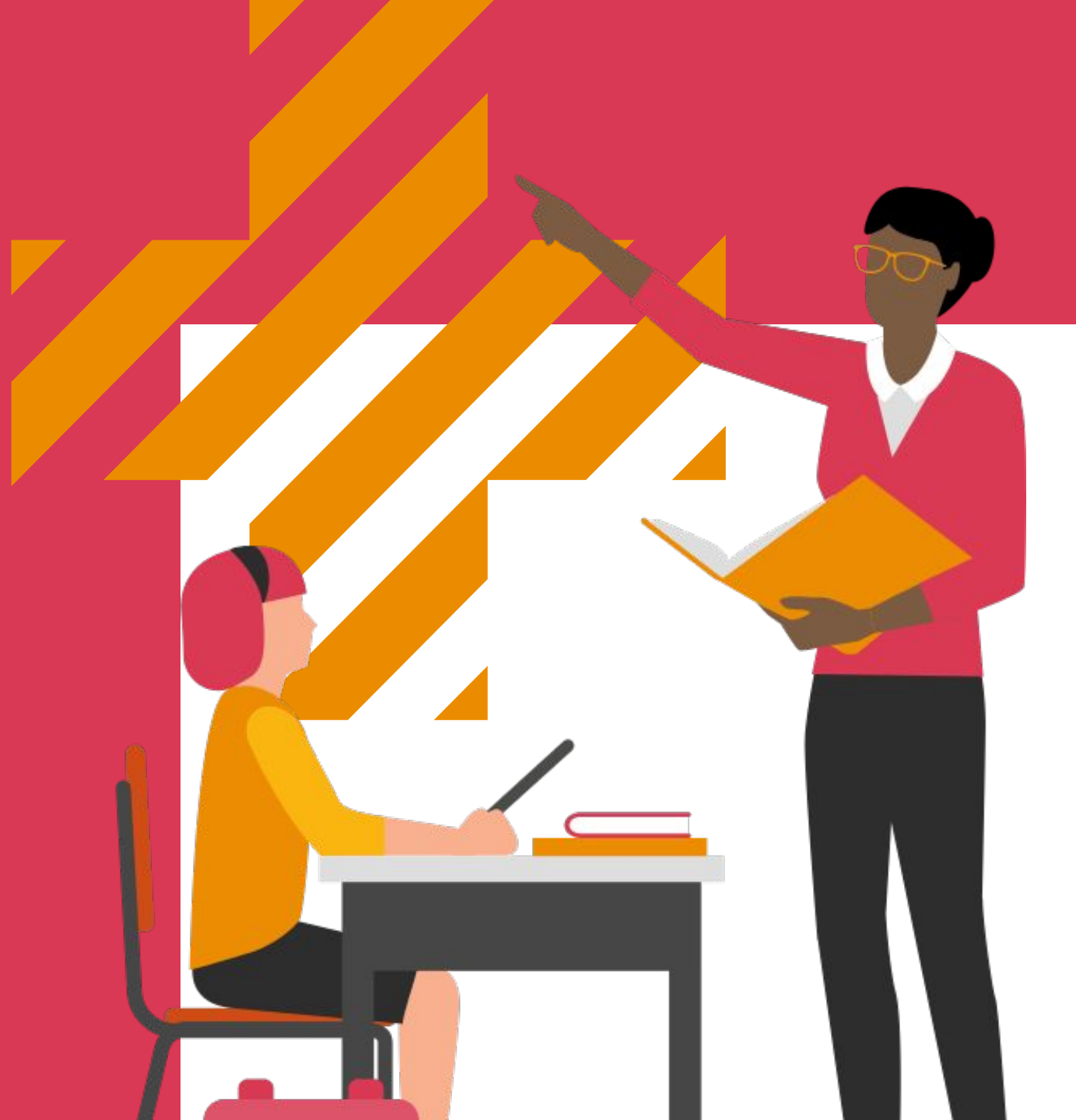


Wellbeing Curriculum:

Developing Listening Skills and Understanding Empathy



Warm up

Taking action: it's about showing 'care' and having empathy



How well do you take notice and listen?



How well do you take notice and listen?

Being a better listener is a skill that can be developed.

- 6 tips to help you show empathy and sympathy in a positive way:
 - Open Questions
 - Summarising
 - Reflecting
 - Clarifying
 - Short words of encouragement
 - Reacting



Image derived from Samaritans

Wrap up and Reflection

Think about the following:

- Be authentic
- Remember: two ears, one mouth
- Ask open questions
- Remember: you do not need to provide any answers



Thank you

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