

LEARNING OUTCOMES

Instructions for use	Below is a summary of the Learning Outcomes for the Listen Well 2-Day Course
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The Listen Well Course will be presented under 3 headings

WHY LISTEN? WHAT IS LISTENING? HOW TO USE LISTENING

By the end of the Listen Well Course you will be able to:

- **Recognise the positive impact of good listening on wellbeing**
- **Consider the effects of technology on communication in today's world**
- **Reflect on your own experience of talking about feelings and being listened to**
- **Identify the importance of listening to self**
- **Recognise the value of stories – others' and your own**
- **Reflect on vulnerability as part of the nature of human beings**
- **Explore what makes a good listener**
- **Reflect on what has shaped your interpersonal skills**
- **Identify common and less helpful patterns of responding**

LEARNING OUTCOMES (Contd)

Instructions for use	Below is a summary of the Learning Outcomes for the Listen Well 2-Day Course
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WHY LISTEN? WHAT IS LISTENING? HOW TO USE LISTENING

- **Recognise the importance of listening to the whole person**
- **Practise the basic skills of empowering listening within a safe framework**
- **Explore factors which evoke feelings in self**
- **Use listening to reflect on your relationship with self and others.**
- **Reflect how an authentic connection is important in listening**
- **Recognise when listening can be difficult, especially when encountering loss, change and difference**
- **Recognise how to use the learning gained appropriately to make a positive impact on wellbeing**
- **Identify how to embed a greater listening culture within your own personal and work life.**
- **Reflect on the importance of your ongoing development as a 'listening person'**