



# Listening Hour

What to expect?\*

The purpose is to share stories with one another in a virtual format. We will make space for stories that come from our own experience. We remember stories that are meaningful to us, whether they are about good times or bad.

If we can be open to what comes up for us to share in the moment, sometimes we are really surprised in a positive way, and what we have to say is often interesting and memorable for others as well. Our stories hold wisdom and sharing them can build resilience in difficult times.

The session will last for about an hour. It is a structured process guided by an authorized facilitator.

Everyone will be invited to speak at the start and to share moments. However, not everyone will necessarily be a teller of one of the longer stories. We prefer to honor the arc of the stories and the rich interconnections between them; we do not want to pressure anyone. Enjoy this listening session. We hope it will give you support and inspiration.

\*Text: © Jonathan Fox, Dr. h.c., (2020). Guiding a listening hour. Author's Document for Facilitators.

Here are some recommendations for you :

- be ready a few minutes before the starting time
- check that you internet as well as camera and microphone are working
- choose a private room where you will not be interrupted and will feel comfortable

*A good story wants to be told further. On the other hand, people who want to share things with a certain group at a certain point in time during a listening session may not want to spread it any further. All participants therefore have an ethical responsibility to respect privacy. Likewise, each person assumes full responsibility for what they share in the listening lesson. By choosing to participate, these conditions are considered accepted by all participants.*