



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

The Power of Listening

JUNE 2020

GOAL

A community where members are empowered through empathic conversation.

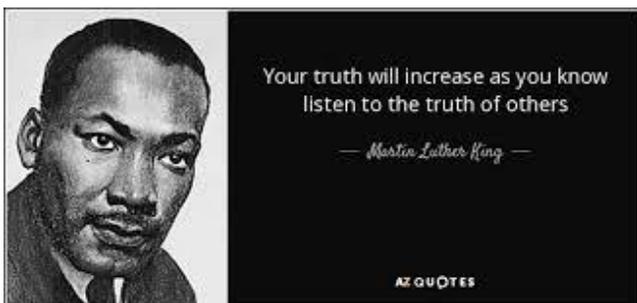
THE WARM UP:

1. Watch this video : Listening is Radical | Chanel Lewis | TEDxDirigo - YouTube

<https://www.youtube.com/watch?v=pfppBsJDrpA>

2. Read this article - Active Listening: The Art of Empathetic Conversation

<https://positivepsychology.com/active-listening/>



THE EXTRA MILE:

Changing the culture through active listening will require us all to take advantage of opportunities to slow down and genuinely LISTEN to the stories of others. Review the Warm Up article again and select one of the strategies for increasing your ability to LISTEN versus HEAR during conversations.

THE PRACTICE

We've seen the headlines. We've watched the videos. We've witnessed lives lost, families and communities changed forever. We've scrolled through our social media feeds in an effort to grasp the gravity of what is taking place in our world at this moment. In times of intense contradiction and varying view points, one of the primary empowerment tools is our ability to listen. Empowering...yes. Empowering from the stance that we allow ourselves to become stronger by truly listening and learning from another's story. Notice the word - LISTEN. Not merely hearing what someone has to say, but taking the time to absorb the words, notice the inflection of the voice, the facial expressions, and feel the emotions in the room. Listening is different from hearing. Hearing is a sense, the ability to perceive sound. While listening is a learned skill that empowers us to - take notice, act, respond, and yes...even feel. Genuinely listening to the stories of others has been linked to having more empathy and increased overall well-being. The news and noise of the day continues to come and many find themselves asking, "what can I do?". One of the most immediate and impacting things we can do is to engage in empathic conversation and LISTEN to others with the intent to understand. By doing so, we will help change the culture around us one conversation at a time.

DISCUSSION POINTS

1. What does listening mean to you? What does it mean to be an empathic listener?
2. What are ways that you can increase your skill of listening?
3. How can you help to encourage empathic listening in our community?

REFLECTION AND ACTION:

Commit to being an empathic listener. Over the next week, make a conscious decision to be intentional about listening to others. Identify times that you found yourself seeking to judge or respond as someone was sharing their truth. Take a moment to evaluate your thoughts. Write down YOUR truths or any barriers that may have surfaced during your time of reflection, then consider ways that you might work to overcome those barriers and make steps toward becoming a better listener.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.