

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To teach Active Listening
- For Mentee to experience sharing whatever comes up for them

CHECK-IN

Mentor:

Yesterday you did an extended check-in on 4 aspects of your life; You shared how were doing Physically, Emotionally, Mentally and Spiritually.

We will start with our check-in today and use these same 4 aspects.

We call this approach, the PEMS model, with the P for Physical, E for Emotional, M for Mental and S for Spiritual.

We will be using this PEMS model for most of our check-ins during this program.

I'll also be coaching you on using I-statements and the 5 feelings.

I'll model this first and then ask you to check-in.

[mentee and mentor check in]

ACTIVE LISTENING

We have previously touched on the skill of Active Listening.

This is the one skill that is the foundation for everything that we will learn in this program.

Are you familiar with Active Listening, sometimes called Reflective Listening?

(If so, what kind of experience do you have with it?)

This skill can be used for improving our relationships, our parenting, our leadership and anything that involves communication between two people.

If a person can master this skill, they will notice a vast improvement in almost anything they do.

It is also key to becoming a more kind and loving person who can actually be effective in helping others with whatever they are dealing with.

You've experienced me using this skill already and today, we will go a little deeper in exploring what goes into Active Listening and how to use the skill.

Active Listening may be most effective when it is the disciplined and consistent use of the following three elements:

BE SILENT.

It's interesting to note that the words Silent and Listen have the same letters in them.

ECHO back what you've heard.

This might sound like: "What I hear you say is...". Some approaches call this: Reflect back what you heard.

ASK: "WHAT DO YOU MEAN BY...?"

Clarify the meaning of a word or term that could have more than one interpretation.

When doing Active Listening, we usually start with an open ended question and then hold an attitude of curiosity and seeking to understand.

SHARING WHAT COMES UP

Today, I will use Active Listening while you talk about whatever is up for you right now.

Tomorrow, you will have the opportunity to practice Active Listening as I do an Extended Check-in like you did yesterday.

Before you start to share today, I invite you to take a moment and breathe with me for a few deep breaths..... (take two breaths)

As you share today, I invite you to share whatever comes up for you in this moment and then continue to allow yourself to share whatever is coming up for you as you observe your thoughts and any images that appear in your mind.

As thoughts or images come into your mind, try not to filter them. Share them no matter how inappropriate or irrelevant they may seem.

This may allow you to hear what your subconscious mind wants to share with you and begin to develop a relationship and trust between you and your subconscious.

So when you are ready, please take another deep breath and begin.

[mentee shares, mentor uses active listening]

CLOSURE

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Mentor:

For our next session, you will be leading me in an extended check-in.

In preparation for that, please review the Daily Reading for Days 1 & 2.

Also review the Mentors Session Guide for Day 4.