



STORYCOMP PROJECT

WORKSHOP ACTIVITIES



WORKSHOP ACTIVITY

THE 3 "WHYS"

Developing Further
Competences



Adult educators



40 to 60
minutes



Between 10 & 20
participants



How to improve Active listening competences of adult educators and being able to understand the source of the information or story of the learner. Active listening helps build trust and understand other people's situations and feelings. In turn, this empowers the person to offer support and empathy. This competence will help the adult educators in using storytelling in a classroom setting especially when the learners will have the opportunity to present their stories, if applicable.

Preparation

Prepare the list of discussion subjects to be proposed to the different pairs on separate pieces of paper.

Material



Nothing

- During the conversation, be aware that the conversation doesn't not turn into personal discussion about the difference in points of view. The objective of the activity is to develop active listening and not critical thinking of the participants.
- In case the original conversation starter is too personal, you can allow the participants to choose a different one.

Tips for the
facilitator



Methodology



1

Set up: Divide the large group into pairs and give each pair a conversation starter question (see the annex section below)

2.

Role assignment: Each pair will take turn-about. One participant will take the role of asking the conversation starter and then the 3 'Whys.' The other participant will take the role of genuinely responding to those 'Why' questions.

3.

After 4 minutes, switch roles.

4.

Guidelines for the conversation:

·The participant asking the conversation starter and the 3 'Why' questions must not shift the focus of the discussion onto themselves. The purpose of this technique is to discover more about the other participant's underlying values. It is not a method for creating opportunities to talk about themselves. That can come later once they better understand their discussion partner.

·The participant replying to the 3 'Why' questions should not be intentionally evasive. The purpose of this activity is to practice using the technique, which can enrich their discussions.



Here is an example that can inspire the facilitator in imagining the conversation:

here's the essence of a real dinner-time discussion about politics:

Person 1: "In the upcoming election are you still planning to vote Labor?"

Person 2: "Yes I am."

Person 1: "Why's that?"

Person 2: "Because I've always voted for them."

Person 1: "Why do you always vote for them? Is there something specific that you like about them?"

Person 2: "Because they look after the working class."

Person 1: "Why do you feel like the other main political parties don't look after the working class?"

Person 2: "Because...[and they opened up with some rather passionate views!]"



5.

After everyone has attempted both roles, reassemble the group

6.

Reflect: As a large group, discuss what the participants experiences during the activity. The following questions can help to further discussion ->

·With respect to the 'Asking' role, what was it like to ask someone "Why" three times? What happened?

·How did repeating the "why" question deepen your understanding of your discussion partner's perspective?

·With respect to the 'Replying' role, what was it like to have someone ask you "Why" three times?

·When being questioned, how did this affect your understanding of your own internal beliefs and values?

·Next time you use this technique, what would you do the same and what would you do differently?

·What other thoughts and insights do you have about this technique?



Evaluation



·Debriefing questions that can be used:

- How do you feel after this activity?
- What does mean active listening for you now?
- How can you use this activity with your adult learners?
- Can you identify any difficulty in setting up this activity with the adult learners?

Additional material that can used for evaluation?
The videos listed in the annexes section

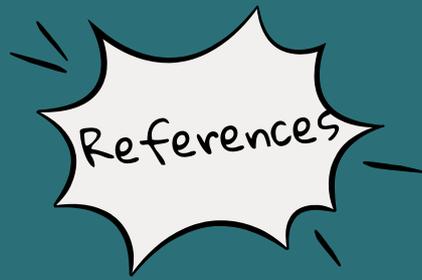


Annexes

Here is a list of 10 Thought-Provoking Conversation Starters that can be used during the activity to trigger the conversation in pairs

- What activity causes you to feel like you are living life to the fullest?
- How would you define genius?
- How much does language affect our thinking?
- To which extent is it acceptable to use violence in a revolution setting?
- What would be the most ethical way to give away five million dollars?
- Should there be limitations on the right to free speech?
- Should euthanasia be legal?
- What is the most recent success you've had?
- Who is the most successful person that you know personally?
- If you could be the CEO of any company, which company would you choose?





Some literature review about Active listening:

- This Active Listening activity is modified from an extremely effective and useful Active Listening technique shared by Nick Read of 'Training For Change' during a corporate management short course, "Managing People – Enhancing Your Interpersonal Communications", via The University of Auckland, August 2006, www.training4change.co.nz. Used with permission.
- Understanding a person's core beliefs and values helps us to understand the topic from the other person's perspective. This is cognitive empathy, which is the goal of Active Listening. For more depth on seeking to understand other people, see the article titled "Want to Avoid Poor Discussions? Listen With Empathy," www.goodlisteningkills.org/listen-with-empathy
- Special thanks to C. B. Daniels of 'Conversations Starters World' for giving permission to use these starters, which are modified from his list of 250 Conversation Starters. Head over to www.conversationstartersworld.com for 1000s more on all sorts of topics.
- This activity was originally published in the article '7 Unique Active Listening Games, Exercises and Activities for Adults' by Andrew G. Ward, at www.goodlisteningkills.org, © 2020. To further improve your listening skills, visit The GLS Project, www.goodlisteningkills.org.



Some videos about active listening:

- [Active listening is a skill](#)
- [Active listening : how to be a great listener](#)
- [Fun listening Quiz](#)



CONTACT :

storycomp@wisamar.de

www.storycomp.eu



This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.