



Listening to Others

This is a module that has been designed for anyone who is interested in improving their listening skills, both in the church context and outside. However, the listening course is not counselling training or a ministerial qualification.

The course runs for six weeks, with a break in the middle to give time for reflection and to practice skills in context. Each week there will be discussion, an introduction to a specific skill (or skills) and time to practice.

The aims of the course are:

- to identify the contexts in which listening skills may be used
- to practice specific listening skills with group members, and in context, and reflect on them
- to increase self-awareness as a listener
- to look at the Biblical context for listening
- to affirm existing skills and to learn from each other

Course Outline

- Week 1** Listening and feeding back without notes; When do we need listening skills?; Body language; Active listening
- Week 2** Signalling unavailability; Recognising 'scripts'; Need for supervision & support, & where to get it; Confidentiality
- Week 3** Dealing with our emotions; Being non-judgmental
- Week 4** Recap of first three weeks – what has been learnt?; Empathy
- Week 5** Assertiveness skills; Outline of transactional analysis; Self-awareness & immediacy; Boundaries
- Week 6** Projection; Handling negative reactions; Accepting mistakes; Recap of skills; Referring on



Continuing Ministerial Education
Cathedral and Diocesan Offices
1 Hill Top, Coventry CV1 5AB
Email: cme@covcofe.org
Tel: 02476 521316