

Professional Volunteer Listening

Course Outline

Aims:

- To provide a biblical understanding of the role of the listener and how listening is part of healing and wholeness.
- To continue learning the full mirroring method of listening and practice it.
- To discover and understand the limits of competence in listening and how and when to refer.
- To discover and reflect upon what it means to listen to ourselves.

Learning Objectives

Day 1: Wholeness

- To reflect on listening as being an essential part of healing and wholeness.
- To enable people to listen to themselves and each other.
- To continue to practise and develop, the mirroring method of listening.

Day 2: Feelings

- To consider how we can listen well to feelings in others and how this helps us to listen to the whole person.
- To reflect on our own emotional health and increase our awareness of feelings.
- To continue practising the full mirroring method.

Day 3: Brokenness

- To reflect further on our own emotional health.
- To discuss brokenness / the gift of limits / grief and loss
- To continue practising the full mirroring method.

Day 4: Boundaries

- To consider the elements involved in developing a listening relationship in a formal setting.
- To discuss when it is not appropriate to offer listening – boundaries / signposting.
- To address FAQs.