

PRACTICAL LISTENING INSTRUCTIONS



**COACHING IN
MENTORSHIP**
Equipping Session



1. One person in the group will share about a challenge he is facing or a decision he has to make. **IT MUST BE REAL, NOT FICTION.**
2. The person will share for three minutes.
3. When you have finished, each of the people who was listening to you, in strict turns, without interrupting, will give you a one-minute summary of what she has understood. **THE PERSON SHOULD NOT INVENT ANYTHING, JUST SUMMARIZE.**
4. The person who shared will check if the summary is correct or not.



PRACTICAL APPLICATION INSTRUCTIONS



1. On a personal level, each participant writes the answer to these two questions:
 - a. **What was the most important thing that I learned today?**
 - b. **What practical step, no matter how small, am I going to take to implement it?**
2. Each person will have one minute to share what they have written. The rest listen without comment.

