

# Effective Listening

## Activity #1: Reflection question:

Think about a time when you changed your opinion about something that deeply mattered to you. What was the situation?

## Activity #2: The difficulty of listening:

## Activity #3: What is effective listening?

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**Activity #4: Effective listening techniques:**

**Activity #5: Cautionary traps to effective listening**

**Activity #6: Key takeaways**

**Activity #7: What technique comes easily to you? What do you want to grow in? How will you apply these techniques to your organizing work?**

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