Finding WHAT Matters

COACHING SKILLS FOR PARENTS

Dual listening

Charlie Mitchell



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Today we are exploring

- Preparing to listen
- What helps you listen
- Principles of dual listening



Preparing to listen

- Listening is a key underlying principle of this course
- Listening is a sacred gift we can give every day
- Awareness: start to notice when we are listening and when we are not
- What are we listening to?
- What does it tell us about what is going on?



What helps you to listen

- Getting present
- Notice your breathing
- Feet flat on the floor, back straight, shoulders back and down, head raised
- Noticing what is going on in your body
- What else is going on for you?
- What's your agenda?
- Noticing your environment – what might distract you?
- What's the other person's agenda?



Dual listening

- Noticing what is going on inside you as you listen
- Can include thoughts, feelings, physical sensations, 6 senses
- Might be: ‘what am I having for tea?’, ‘What am I doing next?’, ‘What’s the time?’, or a sensation in your body such as a knot in your stomach
- Notice when you have been triggered or have a strong emotional response
- Decide how best to proceed – ‘I’m noticing I’m cold and I will be able to listen to you more fully if we put the heater on – is that ok with you?’ or make space for it later



What is dual listening?

- Paying attention to what is going on inside you while you are listening to someone else
- Can include thoughts, feelings, physical sensations, noticing of senses
- Noticing what is going on for you and deciding what to do with it, either at this moment or parking it temporarily and planning to do something in the future with it: ‘I’m cold, can we put the heater on?’
- Noticing when you are triggered and have a strong emotional response to something: something within us needs attention
- Deciding how best to proceed for both of you
- Creating more space to listen more fully to the other person
- Reflect after the session to explore what was going on for you and how you might respond differently in future



How do we practice the skill?

- Use a listening partnership model
- Safe confidential space
- Offload things that are on your mind to the other person
- They listen, and notice what is going on within them
- Swap: you listen as they talk
- Peer support in pairs
- You listen for 10 mins and your partner listens to you for 10 mins
- Have a little structure to it



What are the benefits?

- Gives you practice at managing yourself and your own emotions in real time
- Helps you with any relationship, including with your children, partner, family, friends, colleagues
- Helps you to break generational patterns by making a decision about how best to proceed rather than reacting from a hurt place
- Unblocks emotions so we can think clearly
- Be more present and have more capacity for the person you are listening to
- Be more able to notice subtleties of what is really going on for the other person
- Give them the gift of really hearing them which is very satisfying



What dual listening is not

- Coaching – we may use it when we are coaching as a tool, but it is not coaching by itself
- Counselling
- Advice
- Instruction
- Judgemental



When full of emotions we cannot think clearly – Dan Seigal

- Listening to others has an impact on us, our thoughts, feelings, our sensory experience, our bodily sensations such as breathing
- Core emotions: love, joy, surprise, anger, sadness – over 500 feelings and emotions? https://www.goodgoodgood.co/articles/list-of-emotions
- What triggers an emotional reaction in us and why
- How are emotions can linked to our needs being met or not being met
- How emotions can be linked to the stories we tell ourselves about our lives
- How knowing all this can support our relationship with our children, and support them to engage constructively with their own emotions



Skills we need for dual listening

- General listening skills – videos of good and poor listening
- Presence
- Focus on your listening partner and yourself – takes practice
- Deep listening – curious and looking for clues in the other person and in your own experience
- Non-judgemental



What you can share

- Offload tension from your day caused by anger, frustration, fear, exhaustion love, joy, surprise
- Offloading can happen through laughing, yawning, shaking, feeling hot and sweating, swearing, crying – all releasing emotions
- Emotions, thoughts and concerns are welcome
- Example of what you can share – what is present for you, what you would like to be different, what is important to you
- May take several shares to get to the root of a particular challenge or obstacle
- ‘How does this make me feel? What do I feel in my body? Where do I feel this in my body?’
- Don’t start with the biggest, deepest, most challenging trauma – this is about coaching and little actions we can take that start to improve our lives.
- If you are deeply triggered you may want to look for emotional support elsewhere



Emotional reactions we might have to listening

- How listening might make us feel
- Not to refer to the other person's story when we offload
- What else we might do with what we hear
- Natural tendency to feel what the other person is feeling
- More sensitive when we are overwhelmed ourselves so may be more likely to be triggered
- OK to laugh or cry with the other person – just don't mention them when it is your turn
- If something makes you feel uncomfortable talk to Charlie
- Consider other sources of support such as counselling or a trusted friend



Review and evaluate

- Reflection sheets are available for you to fill in after each session to track your progress with your emotional journey – Keep a diary or journal about insights
- Charlie will send out a brief anonymous monthly evaluation to find out if anything can be improved in order to support people more effectively through dual listening partnerships
- Byron Katie's The Work:
- Question 1: Is it true?
- Question 2: Can you absolutely know it's true?
- Question 3: How do you react—what happens—when you believe that thought?
- Question 4: Who would you be without the thought?
- https://thework.com/instruction-the-work-byron-katie/



Here's a guide to give you the structure

LANGUAGE SEQUENCE IN A LISTENING CIRCLE

1. Start by BOTH sharing one thing that's going well

2. Decide who wants to go first. Share your thoughts and feelings

3. When your time finishes, wind down your thoughts & feelings

4. Your listener will ask if you want a question or you can say: Can I have a question please?

6. Swop over and repeat the sequence

7. Finish by BOTH sharing one thing you are looking forward to

Developed for participants of Laura's Listening Circle

Logistics

- Takes place for half an hour during the Tuesday evening session and Thursday afternoon session
- Split into pairs in a breakout room
- Come back to the main group and share briefly before finishing the session

