

RESTORATIVE ESSENTIALS

Effective communication skills
Relational approach – growing
staff relationships and capability

TIME REQUIRED

20 minutes minimum

FORMAT

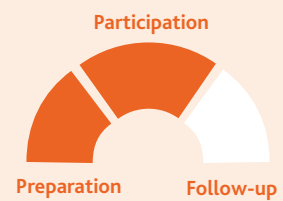
Groups of three

RESTORATIVE PRACTICE LEVEL

Levels 1, 2, and 3

OBJECTIVES

- To make personal connections through sharing experiences.
- To reflect and give feedback on one another's practice.
- To share personal strategies and skills for listening and questioning.

PROCESS PHASE COVERED**COMMENT: REFLECTING ON OUR PRACTICE**

One of the most powerful learning experiences for staff and teachers is the opportunity to observe and be observed at work. The conversations and reflection that take place afterwards often provide rich feedback, support, and professional learning.

Few of us do much reflection – or get feedback – on our practice and how we communicate, come across to others, and hold conversations. Yet we are communicating and holding conversations all the time in our school communities.

This activity helps us see how strongly we adults are affected when someone really listens to us. How much greater the effect on our young people!

ACTIVITY

In groups of three, choose one staff member to be the speaker, one to be the listener, and one to be the observer.

The speaker shares, for 3 minutes, a moment that was very important to them. The listener listens actively, using all their conversation skills (such as minimal encouragers, open questions, appropriate body language, and summarising the speaker's content and emotions).

The observer notes down the skills used by the listener.

After the conversation, ask the speaker: "What was it like when someone really listened to you?"

Ask the listener: "What did you notice about the conversation?"

Ask the observer: "What did you notice about the conversation? What skills did you see the listener using?"

Swap roles and repeat with a new topic until each person has taken all three roles.