

Simply Speaking Facilitator Guide



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Description:

Do you multi-task when people are talking with you? This short and simple exercise demonstrates the impact of nonverbal communication skills. As a facilitator, you can easily make links to coaching, communication, and teambuilding skills with this exercise.

Materials:

None.

Setup and Facilitation Notes:

1. Group participants into pairs
2. Assign one participant as the speaker and the other as the listener
3. Have the participants turn their chairs so they are sitting facing one another
4. Speakers are asked to tell the listeners a story about their greatest achievement in the past 5 years. Remind the speakers to tell enough details to talk for about 2 minutes!
5. After 1 minutes of talking, interrupt the speakers and ask them to turn their chairs around so that they are sitting in the same spot, but with their backs facing the listener
6. Ask the speakers to resume their stories

Debrief:

- Listeners, describe the differences listening to the story before and after the speaker turned around
- Speakers, what did it feel like telling your story when you were looking at the person? When you turned around?
- Did the space between the speaker's mouth and the listener's ears change significantly?
- What caused the different experiences before and after the speaker turned around?
- What information is lost when we are typing on the computer, reading blackberry messages, or are otherwise engaged when people are talking?
- What impact do nonverbal listening skills have on the speaker for the short term? Long term?