Connecting Deep Through Check-ins

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This session will be recorded.

If you do not want your image recorded be sure to turn off your camera or cover your camera.
Resilience

I see you.
I hear you.
I am with you.
Connecting Right From the Start

Check-in or Check-Out Idea

Breakout 4mins
“A person’s ability to build resilience is consistently linked to the types of relationships he or she has with others.”

-Katie Perez
“Empathetic & Active listening is listening that’s compassionate, connected, and present.”

-Martha Caldwell
Practicing empathetic & active listening allows the listener to remain non-judgmental and encourages the speaker to remain open and honest throughout any conversation.
**Strategy 1:**
Listen with your eyes, heart, and ears.

| Rationale | Only 7% of what we communicate is transmitted through words. 40% comes through tone, and the remaining 53% is through body language.  
|           | Paying attention to the tone and body language is just as important as hearing the words a person speaks. |
| How To    | Ask Yourself:  
|           | ● What is the speaker’s posture?  
|           | ● What is the look in the speaker’s eye communicating?  
|           | ● How loudly or softly is the speaker speaking?  
|           | ● Which words are the speaker emphasizing? |

Adapted from Covey, Franklin (2004). The 7 Habits of Highly Effective People. New York: Simon and Schuster.
**Strategy 2:**
**Stand in their shoes.**

<table>
<thead>
<tr>
<th>Rationale</th>
<th>Even if what we have experience is similar to someone else, how we experience it may be very different.</th>
</tr>
</thead>
</table>
| How To: Ask The Speaker:                                                  |● What is that like for you?  
● How did you feel when...?  
● What did you enjoy about...?  
● What has been the hardest part of...?                                       |
### Strategy 3: Practice mirroring.

<table>
<thead>
<tr>
<th>Rationale</th>
<th>Repeating the meaning of a person’s words in a warm and caring tone assures the speaker that we seek to understand instead of judging or giving advice. By mirroring, we can help the speaker better understand him/herself and his/her emotions.</th>
</tr>
</thead>
</table>
| How To:         | Mirroring Phrases:  
  ● Do I understand that you feel...  
  ● What you’re saying is....  
  ● What I hear you saying is...  
  ● I can see that you’re feeling.... |

Adapted from Covey, Franklin (2004). The 7 Habits of Highly Effective People. New York: Simon and Schuster.
# Strategy 4: Release Judgement, Embrace Curiosity

**Rationale**
This strategy requires you to stay present in the moment. If you are looking at the conversation through curiosity you can only learn more about the speaker.

It’s important to refrain from sharing your story that relates to what the speaker is talking about.

<table>
<thead>
<tr>
<th>How To:</th>
<th>Ask the Speaker:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>● What can you learn about them? From them?</td>
</tr>
<tr>
<td></td>
<td>● What questions could you ask to go deeper in to knowing the person?</td>
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<tr>
<td></td>
<td>○ Ask open-ended questions</td>
</tr>
</tbody>
</table>
Let’s Practice Embracing Curiosity

Check-in or Check-Out Idea
How do you see these strategies playing out in the video clip?

- Active and Empathic Listening
  - Listen with your eyes, heart, and ears.
  - Stand in their shoes.
  - Practice mirroring
  - Release judgement, Embrace Curiosity
One of the most sincere forms of respect is actually listening to what another has to say.

- Bryant McGill
Breakout Room Discussion

- What strategy comes easiest to you?
  - Listen with your eyes, heart, and ears.
  - Stand in their shoes.
  - Practice mirroring
  - Release judgement, Embrace Curiosity

- Which one is hardest?
- What do you need to do to be more present in conversations?
THE RABBIT LISTENED

CORI DOERRFELD
Having an attitude of gratitude changes the molecular structure of the brain.

Arjun Walia
The Facts: Scientists have discovered that feelings of gratitude can actually change your brain. Feeling gratitude can also be a great tool for overcoming depression and anxiety. Furthermore, scientists have discovered that the heart sends signals to the brain.

https://docs.google.com/document/d/1kwXRRHVU1IytF2ULX_be7UsIIORsIzpT8K4bzjgdt4/edit?usp=sharing
What are you grateful for right now?

https://docs.google.com/document/d/1kdwXRRHWU1lytF2ULX_be7UsIIORsIzpT8K4bzjgdt4/edit?usp=sharing
**connected**  adjective

connected  |  /kəˈnek(t)əd/  

**Definition of connected**

1  : joined or linked together
TAKING A MOMENT TOGETHER

Check-in or Check-Out Idea

https://www.healthline.com/health/box-breathing
If you’d like more information, please reach out to the **ESSDACK Resilience Team**:

resilience-coaching.essdack.org

Connect with us on Facebook: [essdk.me/ERT](https://essdk.me/ERT)
Thank you for your participation in this session.

Now let’s all head back to the Main Conference Room!

https://essdk.me/MainRoom
...and our sets of editable icons

You can resize these icons, keeping the quality.

You can change the stroke and fill color; just select the icon and click on the paint bucket/pen.

In Google Slides, you can also use Flaticon’s extension, allowing you to customize and add even more icons.
Nature Icons