**DEEP LISTENING EXPERIENCE**

**National Day of Compassion – 21 September 2022**

 

**OVERVIEW**

The Australian Library and Information Association in conjunction with the Australia Compassion Council are offering libraries around Australia the opportunity to hold Deep Listening experiences on the National Day of Compassion. The theme for this years National Day is Deep Listening and it is being held on Wednesday 21 September 2022.

**Please join ALIA and the ACC in *Deep Dreaming Australia: A Continent for Compassion* on Wednesday, 21 September by running a Deep Listening Experience in your library.**

**For more information contact Liz Bradtke, Communications Manager, ALIA, ph. (02) 6215 8221 or email liz.bradtke@alia.org.au**

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**INFORMATION SHEET**

**WHAT IS DEEP LISTENING?**

* Deep listening occurs when we are committed to understanding the speaker's perspective. With deep listening, we are not only allowing ourselves the time and space to fully absorb what our conversation partner is saying, we can encourage them to feel heard and to speak more openly and honestly. For more information, please take time to review this webinar recording – add link

**WHY IS IT IMPORTANT IN TODAY’S WORLD?**

* If we are to thrive in these unsettled times we must become better communicators, able to speak and listen compassionately across our diversity and difference**.** (**https://www.mindful.org/deep-listening/)**

**HOW DO YOU RUN A DEEP LISTENING EXPERIENCE ON THE NATIONAL DAY OF COMPASSION?**

* Create flyers to invite up to 14 participants to your library for 30-40mins at a time of your

 choice on Wednesday, 21 September 2022.

* In the leadup to the National Day – libraries consider setting up a display about books/magazines/resources on deep listening/dadirri, compassion and peace.
* Book a room or allocate a space within the library for this day/time.
* Have one library staff member who is responsible for welcoming and taking people through the deep listening experience.
* When everyone has arrived welcome them and thank them for attending.
* Let the participants know that this Deep Listening experience is part of a series of events being held across Australia as part of the National Day of Compassion and the International Day of Peace.
* Go through the aspects of deep listening:
* Deep listening is staying fully present and attentive to someone. Listening carefully and attentively. Paying complete attention to the other person, not letting other thoughts, like what you are going to say next, distract you.
	+ Be comfortable sitting in silence when the speaker is talking. Instead of interjecting to show you’re listening and nod occasionally.
	+ Consider asking insightful questions about parts that may need clarification. For example, “What do you mean when you say…”
	+ Restate what you’ve heard from the conversation instead of reacting. After the speaker is finished, respond with, “If I’m hearing you correctly...” or “Sounds like you’re saying…”[[1]](#footnote-1)
* If the staff member is comfortable, they might ask the participants to then take a deep breath to be present to the conversation they are about to have.
* Then ask the participants to break into groups of two where each person takes a turn in asking the other either - *What is the most compassionate action you have ever done? – or What is the most compassionate action you have ever witnessed*?
* Please state clearly that participants are under no obligation to share anything they are not comfortable with - that they connect with the other person just the extent they feel comfortable with.
* The main outcomes from this even is for participants to have an experience of being deeply listened to and providing that experience for another person.
* After both speakers have had the opportunity to speak and listen (say for 5-7 mins each), then bring everyone back into the circle to discuss what the experience was like: what surprised them – what barriers, if any, they encountered? - what learnings they will take away with them?
* Thank them all for coming and wish them a happy compassion day – and invite them to share their experiences on your libraries FB page?

**IF YOU HAVE ANY QUESTIONS PLEASE CALL DR LYNNE REEDER, NATIONAL LEAD, AUSTRALIAN COMPASSION COUNCIL ON 03 5327 6943.**

1. https://matterapp.com/blog/how-to-practice-deep-listening-with-your-team [↑](#footnote-ref-1)