

Can I Hear You Now?

Heart of Community 2020
Consultant - Karen Gimnig

Check In - In the chat

- My hope for this session . . .

About Me

- Passionate about connection
- Consultant and relationship coach
- Imago Professional Facilitator
- Communications Director for CohoUS
- Licensed Agile Fluency Facilitator

“Riots are the language of the
unheard.”

Martin Luther King Jr.

“Being heard is so close to being
loved that for the average
person they are almost
indistinguishable.”

David Augsberger

Hearing takes practice

- Studies show that something less than 20% of what is said actually gets heard.
- We are trained to “listen” and to answer, but not to hear.
- We use the part of our brain that generates an answer, which is different than the part that takes in information.
- Brains are “use it or lose it” - practice builds capacity.

Mirror, Check, Invite

- Allow some time
- Request a dialogue
- Use prompts, or just tell your story
- Select roles:
 - Sender - shares
 - Receiver - enters “sender’s world”

Based on work of Harville Hendrix and Helen LaKelly Hunt, Imago Relationships Theory, and Getting the Love You Want

Mirror, Check, Invite

- Mirror:

What I heard you say is . . .

- Check:

Did I get you?

- Invite:

Is there more?

Possible Prompts

- What I love about community . . .
- What challenges me about community . . .
- Something I think we might have in common . . .
- Something I appreciate about you . . .

What mirroring does

- Increase understanding
 - under 17% of what is said gets listened to
- Increase awareness of self
- Empathic attuned attitude
- Non-judgmental environment
- Sender accesses own wisdom

When to use

- Start meetings
 - 5 min - short prompt each way
 - 20 min - similar to example
 - 60 min - deeper processing of content
- Conflict support
- Appreciations
- Practice

Connection

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”

- Brené Brown

Questions and Comments

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