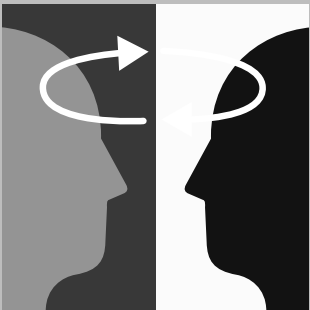


UNIT 11

Stay in the Conversation

“Nobody’s free until everybody’s free.”
—Fannie Lou Hamer, from Dr. Hillary Potter’s Presentation

If a conversation is difficult, it might be one worth having. Silence is rarely an effective strategy for social change, and can often lead to complicity in perpetuating additional harm.



Sincere and meaningful listening can create the space for empathy. Effective communication is a life skill that we all need to develop, for our personal relationships and our engagement/cooperation as global citizens.

Practice with one of the following tools this week.

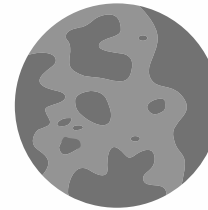


TOOL 1

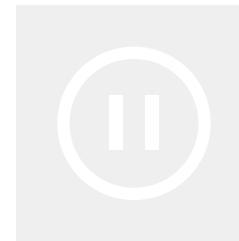
Practice Deep Listening and Courageous Questioning

Allowing people to be heard in a profoundly deep way creates space for a new civility.

Begin by meeting the moment with awareness: go into research versus react mode.

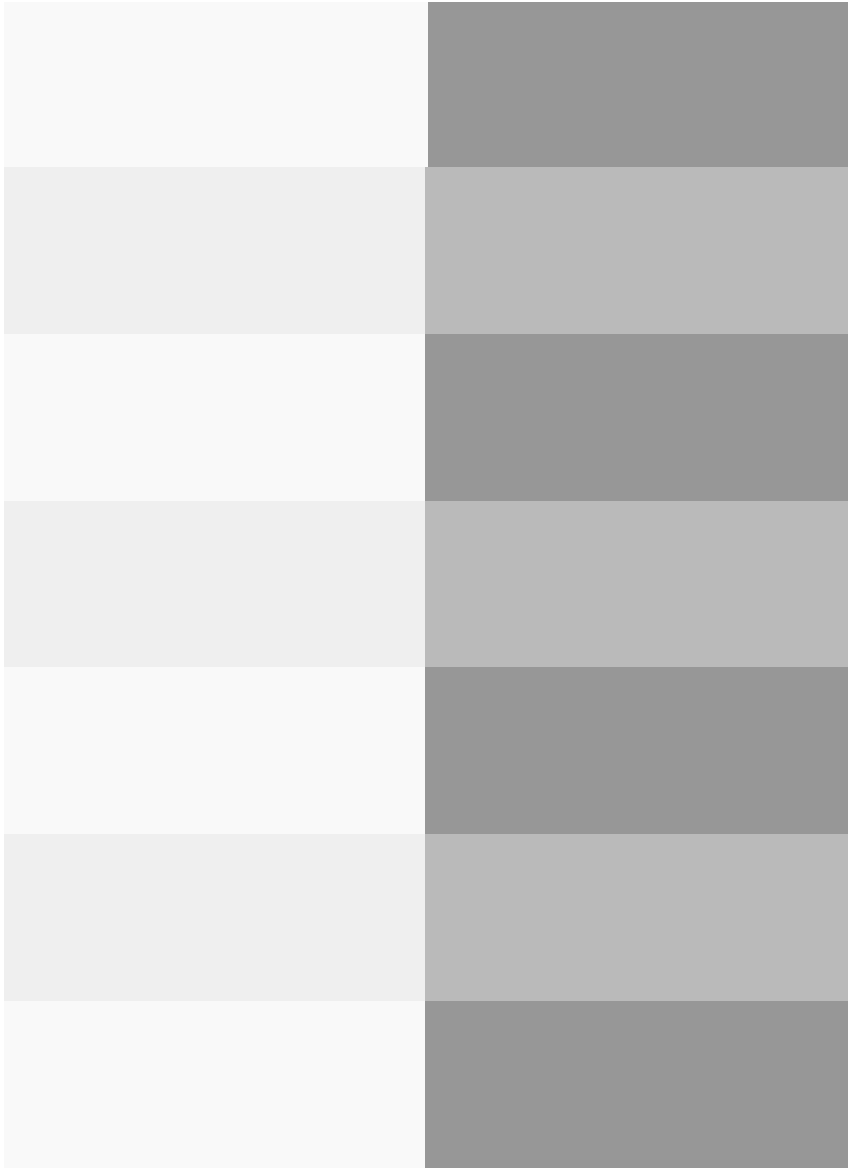


Build your ability to empathize by trying on another world-view, or putting yourself in someone else’s shoes.



Also, in a difficult conversation, remember that you can pause and take deliberate steps towards modeling behaviors that will plant seeds of understanding, even if resolution seems unlikely in the moment.

Use the tools of diplomacy. Select one of the “do” tools listed on the following page, to practice intentionally this week. Notice when you are using a “don’t” and intentionally switch to a “do.”



TOOL 2

Evaluate When Not to Listen

If you sense ongoing engagement



TOOL 3

Learn From Others

REFLECTION QUESTIONS



What changes did you notice in your experience when practicing with the Tools of Diplomacy to stay in important conversations?



Did you notice challenges while practicing with this tool? If so, what did those challenges feel like in your mind and body?



What are some signs for you that it is time to step away or out of a conversation?