

# Bonus

## Active Listening Exercise

- Split up into pairs
- Sit facing each other
- Nominate a speaker and a listener
- The speaker shares something important to them
- The listener waits 15 seconds (count them!) before responding, and can only respond with questions
- Each time the speaker answers the question, the listener must wait 15 seconds (count them!) before asking a follow-up question
- Repeat for 3 minutes and then swap roles