

About the PONIES



Art drawn by Xain Russell (Xain-Russell.deviantart.com)
MLP: FIM is the property of HASBRO

Whoever holds the
pony
has the power of
WORDS
others remain
committed to
SILENCE



IMAGINE

HOLDING an
EMPTY bowl

EVERYTHING the
SPEAKER says
GOES INTO the bowl

YOU put NOTHING
IN the bowl

Whole Body Listening

EYES watching

EARS listening

BRAIN focused on speaker's
information

MOUTH closed

SHOULDERS squared toward
the speaker

HEART caring about the
message

HANDS folded or in lap

FEET still on the floor

Observe their

BODY language

TONE OF VOICE

FACIAL EXPRESSION

SLOW DOWN

Chill out

FOCUS

on the other

PERSON

BE intent on being
present and listening
intentionally

Have a beginner's mind, a child's
curiosity -

This all takes a lot of
energy, so STOP

THINKING
TALKING
HELPING

NO

IDEAS

SOLUTIONS

FIXES

Take the pressure off
yourself to both listen and
understand AND do something
or find a solution

Don't think of
RESPONSES OR FIXES (YOUR
goal isn't to help)

Don't be quick to get
to "I get it" or
reciprocal sharing (YOUR
goal isn't to force a
connection)

YOUR GOAL IS TO SHOW
THE SPEAKER WHAT THEY
say IS important

Let them finish

Completely —

Allow a little awkward,

Silent pause

ASK QUESTIONS

I'd like to hear more about . . .

What happened next . . .

How did you feel

about that . . .

How do you feel about it now . . .

Observe

how valuable it is to be
listened to

When you listen to others well,
and they feel truly heard,
they'll listen to you when it's
your turn to speak

Friendship is magic

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Compiled by Professor Beth

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