



## LISTENING WITH INTEGRITY Peer Advisory Group Discussion Guide

In preparation for our upcoming **Peer Advisory Group discussion** on **Tuesday, April 30** from **8:30 – 10:30 AM**, we have some ideas to share to help you navigate your PAG discussion. You can mix and match any of the ideas below for your discussion. Please also refer to the pages in the [PowerPoint presentation](#) and also the [12 Listening Blocks handout](#). This can be helpful information for the conversation. In advance of your PAG, please share any relevant information with your group that they may need to think about. Enjoy the conversation.

### CHECK-IN IDEAS:

#### OPTION 1: DISC

- Reflect on your DISC report.
- How does your style(s) impact your ability to truly listen to others?
  - How does it strengthen your ability to listen?
  - How can it be counterproductive in your ability to listen?
  - Note: Pages 8-9 in your DISC report can help answer this. Also, slide 71 (Listening and DISC) in PowerPoint.

#### OPTION 2: GOAL

- How are you doing with your goal?
  - Are you on track (Green)
  - Off track in some areas (Yellow)
  - Not on track (Red)
- Where do you need support from the team?

### MAIN DISCUSSION:

***The Golden Rule of Listening:*** Listen to OTHERS the same way you would want them to listen to YOU.

Marcus challenged us to practice the **CATCH, STOP, REDIRECT Model** to begin reshaping our listening habits. With your PAG, discuss the questions below.

- From the list of the 12 Listening Blocks attached, which did you identify as your Top 2?
- Since our workshop, how have you practiced CSR (Catch / Stop / Redirect) for your listening blocks?

- **CATCH:** *Advance your self-awareness.*
  - How often did you find the listening blocks interrupt your ability to truly listen?
  - What did you catch yourself doing?
    - Slide 51 gives some ideas for the “Listening No No’s”.
  - What were the distractors?
  - How did it impact your conversation?
- **STOP:** *Develop and expand your self-control.*
  - Once you caught yourself not fully being present, what did you do to STOP the behavior?
- **REDIRECT:** *Master your ability to consistently self-regulate.*
  - What strategies did you use to redirect your attention back to the individual(s) and topic at hand?

**CLOSE:**

- Key takeaway from today’s discussion that you want to put into action.
- How can our group support you?

Please let me know if you have any questions. As always, Thank You for helping to grow leaders in our communities.