connection that makes a difference
mindful & compassionate
listening workshops

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Youthwell
COALITION CONNECTING YOUTH TO MENTAL HEALTH SUPPORT BEFORE THE CRISIS

DECKERS BRANDS

Gratitude
Learning More
Future Workshops
Mindful Listening Practice
Human Needs
Practice
How’s it going for you right now?
Listening carefully is not the same as fixing it
What’s a mood challenge for everyone?
What are your needs or desires?
It’s okay to fail. Let’s see if I can do this.

More Practice
Listening

More
Practicing

More
Future
Workshops
Gratitude
Future Workshops
More
Listening
Overview

Workshops
1. Listening
2. Assertive communication
3. Shared agreements

Listening challenge

Warm line
Mindful Listening

Focus on the speaker closely enough to repeat what they say. When urges show up - to agree, argue, change the topic, offer advice - let them pass.

When attention wanders, simply bring it back to the speaker.
Practice

What's going on for you right now?

Let me see if I get this...

Why is that important to you?
Sometimes listening is more important than solving
Human Needs

Safety
Belonging
Mattering

We can meet these needs by listening compassionately
Practice

What is most challenging for you right now?

Let me see if I get this...

Why is that important to you?
Think of a bear

Tell me more...
"Let me see if I get this"
"I get it, and..."
Disagreement is inevitable.
Getting triggered is inevitable.
Being a trigger is inevitable.
Practice

What's going on

What feels important right now?

How can I support you?
Other Helpful Language

Tell me more...
Let me see if I get this...
Help me understand
Why is that important to you?
I get it, and...
Of course & you are up to it
I know this is challenging & I believe in you
How can I support you?
“Everyone you meet knows something you don't.”

~Bill Nye

If you want to build connection, listen deeply.

If you want to help others, listen deeply.

If you want to build a healthy community, listen deeply.
Listening carefully is not the same as:
Taking it on
Making it about you
Fixing it
More Practice

connection that makes a difference
mindful & compassionate listening workshops

Weekly Listening Challenge

Whether you are just getting to know each other or whether you are close friends, the instructions are the same. This weekly call is only for the purpose of practicing your listening skills. After you finish your 10 minute call, you can always call each other back to have a regular conversation.

INSTRUCTIONS...
- Set a timer
- Each partner will take 2 min to share about anything they would like.
- The other person will listen for the 2 min & respond with simple responses
- Reset the timer for 2 min & switch roles.

SIMPLE RESPONSES...
- Tell me more.
- Help me understand
- This must be difficult for you.
- I am sorry you are in pain.
- Let me see if I get this. (reflect back)
- How can I support you?
- Thank you for opening up to me.

Partner Name _________________________
Partner Phone _________________________
Day ____________ Time ________________

I will commit to weekly calls...
- [ ] 4 weeks
- [ ] 8 weeks
- [ ] 12 weeks+

Youthwell
COALITION FOR MENTAL HEALTH PREVENTION, INTERVENTION & OUTREACH
Future Workshops

1. (Listening)
2. Assertive communication
3. Shared agreements
Learning More

Websites...
- MHMYouth.org
- YouthWell.org
- BeTheDifferenceSB.org
**Youth Mental Health First Aid training

Resources

Partner Weekly Listening Challenge Cards

Handouts to pick up...
- Youth Mental Health & Wellness Resource Flyer
- Tips for Self Care
- Tips for communicating with your child
- Are You OK Communication & Active Listening
- Tips on Using parental controls on devices
Gratitude

Community conversations about youth mental health today for parents, educators, & providers.

connection that makes a difference

mindful & compassionate listening workshops

SPEAKER: Dave Mochel

This series of free workshops is for adults and teens who want to learn tools to improve their communication skills in their personal and professional lives.

Attend one or all three & learn how to...
• build skills of deep, empathic listening
• speak from your heart
• help others by doing less
• ask the right questions
• reflect on your own judgment & biases

Apr 26 & Aug 23
3:00PM - 5:00PM
Deckers Brands • 6601 Hollister Ave
RSVP: youthwell.org/workshops
FREE. RSVP IN ADVANCE & BE ENTERED IN A RAFFLE