



My Journey to Work

(Listening Exercise)

Ask delegates to work individually and write down their journey to work in a very detailed way. E.g “I get in my car and turn right out of the drive. At the end of the street, I turn left and take the second right to join the main road.”

Then ask them to pair up.

Person A should then read their journey to person B. Person B should stop person A when they think they have heard as much as they can accurately repeat back – word for word. They should then say what they have heard. Person A should check whether this is accurate. If it is, they should carry on with the next stage of the journey. If it is not correct, they should repeat that part of the journey again until person B can recite it word perfectly. Continue this way until the journey is ended. Then swap over.

Key learning points are that there are lots of distractions to effective listening, we have a very short attention span, and we tend to put things into our words (which can alter the meaning)