



Key Advice

Assignment guidelines (Step 2)

As the speaker, talk uninterrupted for 3 minutes. Share something meaningful that you would like to do or achieve, but that you have been dreading, avoiding or postponing. Use the following questions to guide your story:

- What is it you want to do or achieve?
- Why does it matter to you? What deeper value is driving it?
- What is holding you back?

After 3 minutes, switch roles.

When you're the listener, your role is to create a safe and open space for the other person to share. This means staying present without showing any judgment: no agreement, no disagreement and certainly no cynicism (e.g. "I would never do that").

To support this, listen in the following way:

- Keep your facial expression neutral;
- Don't speak. Even if there's silence, let it be;
- Don't make any sounds, not even sympathetic ones (*uh-hm*) or surprised ones (*gasp*).

The aim is not to fix, judge or react. Just listen with full attention, curiosity and compassion.