



Key Advice

Restorative Dialogue

This restorative dialogue is based on the principles of Socratic dialogue. Socratic dialogue is driven by open-ended questions that provoke deep thinking and reflection. Participants in a Socratic dialogue suspend their judgments to explore different perspectives genuinely.

Active listening is key in Socratic dialogue to ensure that participants understand each other fully. Socratic dialogue seeks to uncover and examine the underlying assumptions behind participants' statements and beliefs. It is collaborative rather than adversarial, focusing on mutual exploration and respect. The aim is to find common ground while appreciating and understanding differences.

Socratic dialogue promotes intellectual humility, acknowledging that one's knowledge and understanding may be limited. Reflective thinking, where participants critically examine their own beliefs and values, is essential.

You will foster a restorative dialogue starting from the following attitudes:

Wonder involves approaching the dialogue with a sense of awe and openness to new perspectives. It is important because it helps participants remain open-minded and receptive to different viewpoints, fostering a deeper understanding and appreciation of diverse perspectives.

Empathy is the ability to understand and share the feelings of others. It allows participants to connect on an emotional level, creating a supportive and compassionate environment that encourages honest and open communication.

Courage means having the willingness to speak up and share one's thoughts and feelings, even when it feels uncomfortable. This attitude is necessary for participants to express their true selves and contribute authentically to the dialogue, helping to uncover deeper insights and foster mutual respect.

Curiosity is characterised by a strong desire to know or learn something, particularly about others' perspectives and experiences. It drives the exploration of new ideas and encourages participants to ask questions that deepen their understanding, enriching the dialogue.



Tolerating the Not-Knowing involves accepting uncertainty and being comfortable with not having all the answers. This attitude allows participants to stay open to new information and perspectives without rushing to conclusions, promoting a more thoughtful and reflective dialogue.

Judging and Not Taking That Judgment Seriously involves recognising one's judgments but not allowing them to dominate the conversation. It helps participants remain impartial and open-minded, preventing premature judgments from hindering the exploration of diverse viewpoints.

Tolerating Irritation means managing feelings of frustration or discomfort that may arise during the dialogue. It is crucial for maintaining a respectful and constructive atmosphere, even when the discussion becomes challenging, ensuring that all voices are heard and considered.