

SKILL – DECISION MAKING



1) DESCRIPTION OF THE TOOL

This tool tries to reflect on the importance of active listening in relationships and the role it has in avoiding or solving conflicts.

Time: 25 minutes

2) OBJECTIVES OF THE TOOL

- learn to listen
- overcome conflicts
- Do not blame others

3) CONNECTION OF THE TOOL WITH THE SKILL

This tool is helping us to put into the practice all the concepts that we described in the “Decision making” pill

4) RESOURCE MATERIALS

- Text The 4 monks and questionnaire for the participants (Annex I)

5) HOW TO APPLY THE TOOL

- Step 1: groups of 4 persons (we can realize the activity with several groups of 4 persons more or less with just one larger group or individually).
- Step 2: give to the participants a copy of the Annex I (text and questionnaire)
- Step 3: representative of each group presents to the participants the conclusions
- Step 4: common analysis of the conclusions

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6) WHAT TO LEARN

Learning to listen is one of the most difficult learnings a person encounters throughout their life. Learning when we should be silent, when we should listen, when we should think should help us to realize how important are the people we have around us and with whom we live daily.

The problem today is that people do not listen to understand, but to answer



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ANNEX I

TEXT:

"The four monks decided to walk together in silence for a month. The first day everything was great. But, after the first day, one of the monks said: I am doubting if I closed the door before leaving the monastery. Another one said: Stupid! We had decided to remain silent for a month, and you come to break it with this nonsense! Then the third said: And you, what? You also just broke it! And the fourth monk said: Thank God, I am the only one that I have not spoken!"

QUESTIONNAIRE:

- What has been the attitude of the monks?
- Why do you think they acted that way?
- Connect monk-monastery with your academic and personal experience
- What example do you remember of your own experience that is related to the text?
- What could have been the attitude of the other monks when the first spoke? And the last two when the second spoke?
- Could they have begun to count the time again and walk in another direction?

*Note: try to adapt this history to a daily situation at the work place.