

Constructivist Listening

Constructivist Listening...

- Provides an appropriate space for the expression of emotions and the in-depth exploration of issues involving personal and professional change.
- Focuses on the needs of the speaker, but also offers the added benefit of fostering opportunities to develop alliances across difference.
- Maximizes precious and limited time for efficient work;

Most educators may not express deep emotions in the early stages of using constructivist listening. Some may never express their feelings, which is to be expected and accepted.

Guidelines:

- **Each person is given equal time to talk.**
(Everyone deserves attention.)
- **The listener does not interpret, paraphrase, analyze, give advice, or break in with a personal story.**
(People are capable of solving their own problems.)
- **Confidentiality is maintained.**
(A person needs to be assured of confidentiality to be authentic.)
- **The talker is not to criticize or complain about the listener or about mutual colleagues in her/his turn.**
(A person cannot listen well when she /he is feeling attacked or defensive.)