

Listening Attentively

Activity: Practicing Mindfulness

In a team meeting or huddle, invite each person to choose a partner. Pairs will each pick one person to be the interviewer, and the other person to be interviewed.

For 60 seconds, the interviewer will interview their partner about one of these topics (choose one, or think of another topic):

1. What are the most satisfying aspects of your work?
2. What is your favorite book (or movie or song)? Why?
3. Which season do you enjoy most? Why?
4. Why did you choose to work in healthcare?

The interviewer should be consciously mindful. Let the other person talk for 60 seconds, and listen. Really hear what they have to say. You should try not to interrupt, though you may ask questions to get more information or clarify something they've said. The leader should use a timer or clock to track the full 60 seconds.

When the 60 seconds is up, the leader should ask the following questions:

1. How did it feel to speak to someone who was completely mindful?
2. How did it feel to be mindful for 60 seconds?
3. What emotions did you hear or observe?
4. What did you learn about your partner in 60 seconds?