



ListeningWorks

An Action & Support project from Youth on Board
for community leaders and movement builders

Principles of Action & Support

All people are good and born fully loving, intelligent, and connected.

All people get hurt by others and oppressions like classism, racism, adultism and sexism.

All people can heal and regain their full ability to connect, love, and take on any challenge.

Three Support Strategies That Heal

1 Appreciations

Allow us to focus on what is good about the people around us and ourselves —a major counter to a society that is set up to make us feel bad and focus on the negative. Practice giving and receiving them!

2 Listening Partnerships

Enables the healing process by allowing people to connect on a human level and build trusting relationships while showing and process how they're feeling.

Setting Them Up

- ❖ Find a partner
- ❖ Decide how much equal time you will share (e.g., 5 mins each)
- ❖ Decide who speaks and listens first
- ❖ When time is up, switch!

Tips for the Listener

- ❖ Listen with warm, kind eye contact and attention
- ❖ Do not offer advice
- ❖ If needed, encourage the talker to share more
- ❖ Maintain confidentiality

Tips for the Speaker

- ❖ Speak from the heart and focus on how you feel
- ❖ Dare to trust that the listener cares about what you have to say

3 Support Circles

Provide consistent space and time for social and emotional support for a group or organization

Practical Uses

- ❖ Support for leadership
- ❖ In response to crisis
- ❖ Support for particular constituencies (e.g., immigrants)
- ❖ Support people thinking about particular topics (e.g., climate change)

Setting Them Up

- ❖ Decide how often and how long you'll meet
- ❖ Gather interested people depending on the constituency or topic
- ❖ Choose people who can listen to others
- ❖ Listen to people while they think through arrangements they'll need to make in order to attend.

Bringing Support to the Community

Support strategies are not limited to deepening relationships within organizations, they can also be brought to the community to strengthen the organizing work.

DEEP CANVASSING creates sustained and meaningful connection at the door that allows effective two-way dialogue in order to figure out what is relevant to people and builds authentic relationships.

LISTENING PROJECTS bring the healing properties of listening to communities, provide a practical platform to increase engagement and can inform and often reorient organizing work based on the needs of the community.

HEALING CIRCLES are rooted in the tradition of restorative justice and can incorporate music, art, and other forms of creative expression that reveal our humanity and allow people a communal entry path towards healing.

DIRECT ACTION is a unique opportunity to communicate and dialogue with a target or audience. Applying our understanding of relationship-building and effective communication, we can significantly enhance direct actions to reach people and make the significant changes we want to make.

ListeningWorks

If you are interested in learning more about our national ListeningWorks project and our “Action & Support” model, **join our national webinar in April!** E-mail us at info@youthonboard.org to receive more information and make sure to visit us at www.youthonboard.org/listeningworks and like us on Facebook ([ListeningWorksYOB](#))

Youth on Board

Since 1994, Youth on Board has supported strong youth-adult partnerships in order to put young people at the center of the decisions that affect their lives. For more information, visit www.youthonboard.org

