



# FULL SPECTRUM LISTENING ACTIVITY

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# — What is it?

A concept that **goes beyond simple active listening by engaging all senses** to pay attention to a conversation without judgment, picking up on both verbal and non-verbal cues. It involves listening to a speaker across different "wavelengths" to deeply understand not just their words, but also their underlying context and meaning.

# Wavelengths of Listening

- **Emotions:** This involves listening with empathy and being attuned to the speaker's feelings, tone of voice, and emotional intensity. You are focused on the "how" of what is being said, picking up on subtle emotional cues and body language to understand their true emotional state.
- **Values:** This wavelength involves discerning the speaker's core beliefs and values that drive their perspectives and actions. It means listening for the principles that are important to them and filtering what they say through the lens of their unique worldview, rather than your own judgment.
- **Actions:** On a functional level, this involves listening for facts, information, and concrete details related to specific situations or required tasks. The goal is to comprehend the explicit message, follow instructions, and identify potential next steps or solutions where appropriate.
- **Relationships:** This wavelength focuses on the dynamic between the participants in the conversation and the broader context. It's about building trust, understanding how the communication impacts the relationship, and picking up on unspoken group dynamics or "off" energy in a room, even if nothing explicit has been said.

# Group Norms



Use “I” statements to speak from your own experience.



Be honest and respectful in your sharing and responses.



Honor the time and honor one another, especially during moments of reflection.



Confidentiality: Stories stay; lessons leave.



Practice active listening and avoid interrupting when others are speaking.

# Instructions

Groups of 5: 1 storyteller and 4 wavelengths

Move clockwise

Storytellers respond to the prompt for 2 mins

Each listener reports out for 1 minute on their assigned wavelength

Each round should be no more than 10 mins

The entire session will last 50 mins

# — Storyteller Prompt [2 mins]

**Think about a time in your life when you felt deeply inspired**

Tell us

- What happened?
- Who was involved?
- What was at stake?
- What made it possible?
- What was the impact?

# Each Responder [1 min]

## Listen for Action:

- Listen for Who? What? When? Where? How?

## Listen for Values:

- Listen for what were the storyteller's intentions or purposes that shaped their action? What were the values beneath their intentions?

## Listen for Emotions:

- Listen for what emotions are mentioned in the story? In reference to who or what? How would you describe the storyteller's emotions?

## Listen for Relationships:

- Listen for what relationships were at play in this event? What did those relationships mean to the person? What was at stake?

# REFLECTIONS

1. What was the experience like for you?
2. Which “wavelength” of listening felt easiest for you? Which felt most challenging, and why?
3. What was it like listening to the reflections on what your group mates heard?
4. What is one insight from this listening experience that you want to carry with you into your work or relationships?