THE HOME FOR LITTLE WANDERERS

BETTER, BRIGHTER FUTURES FOR KIDS

Reflections

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Vision Statement

To create an inclusive environment where everyone's identities, experiences, unique knowledge and perspectives are valued. Our hope is that learners leave trainings with increased confidence about who they are in the work and have further developed their voice and skills to support youth, families and each other.

Training Norms

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I will:

1. Explore my own biases and identify my assumptions
2. Be a mindful listener, and listen to understand
3. Be present
4. Ask questions and stay curious
5. Pay attention to and use the pronouns shared by others
6. “Speak from I” - my own experience/perspective
7. Consider the intent vs. impact of my words on others and others on me
8. Take space / Make space
9. Take the lessons, leave the details

Learning Objectives

Participants will:

1. Understand the concept of mirroring
2. Practice simple and complex reflections

Mirroring

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"Mirroring is… the outer, expressive aspect of empathy"

- Miller and Rollnick

Mirroring

Mirroring requires:

- An uncluttered mind (calm lake!)
- Curiosity about the other person, entering their world
- Imagine a question you might ask the other person, and then turn it into a statement

Mirroring Activity

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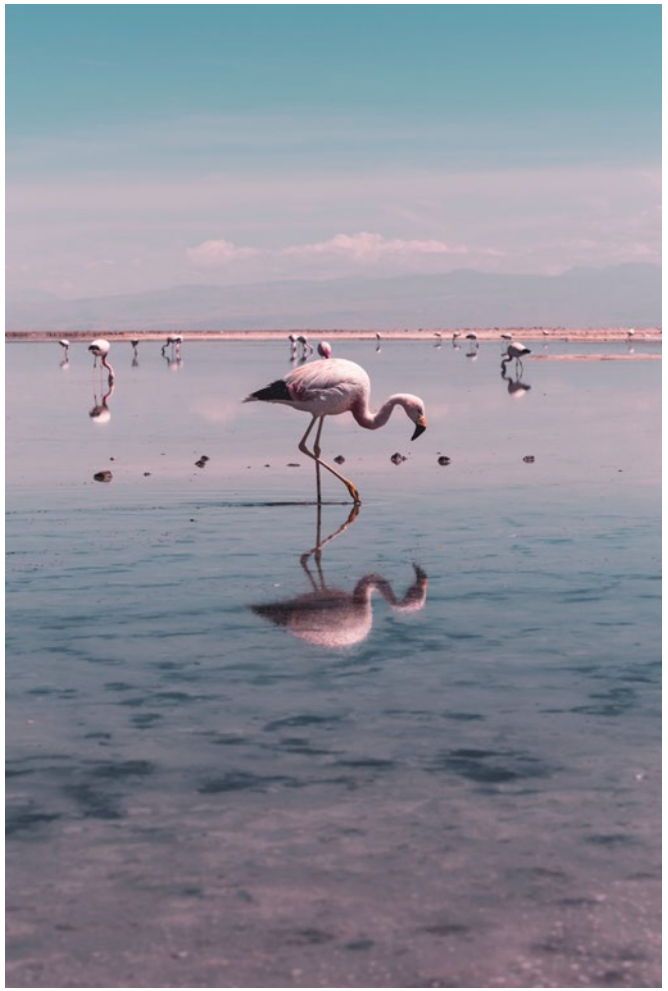
Respond to each of these statements, keeping the concept of mirroring in mind:

“I’m having a difficult time with my kids. They don’t listen to me.”

“You don’t care about me, You’re just doing this for the money.”



Mirroring Activity

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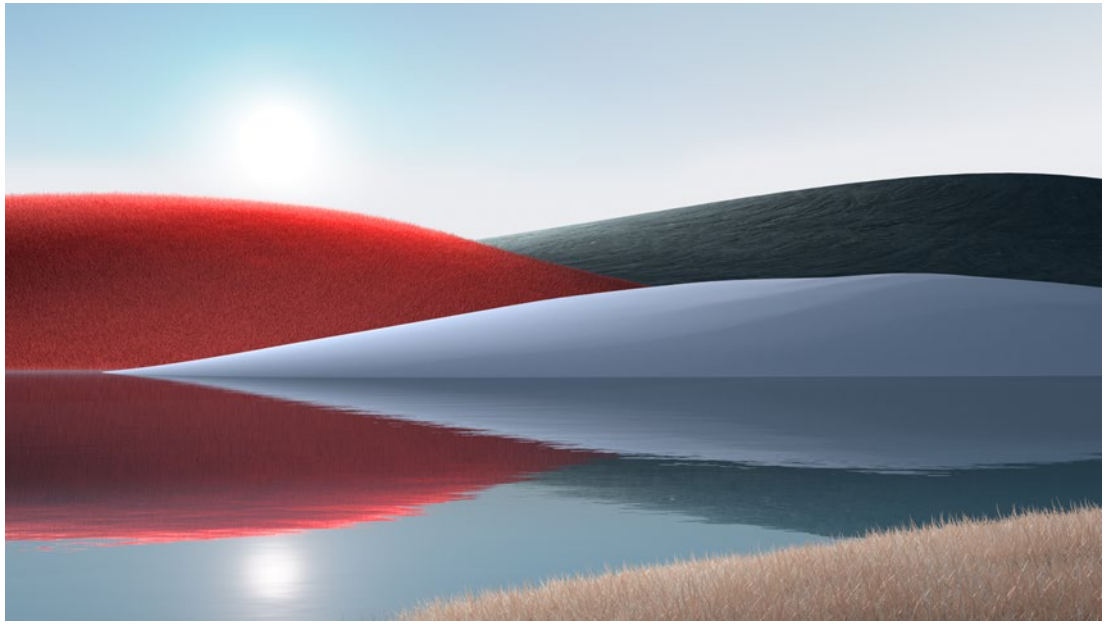
Respond to each of these statements, keeping the concept of mirroring in mind:

“I’m sick of everyone breathing down my neck about safe sex. I’m not stupid; I know what I’m doing.”

“I smoke about as often as my friends; I don’t see why this is such a big deal.”



Reflections: Simple vs. Complex

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Depth of Empathy

Reflection Practice

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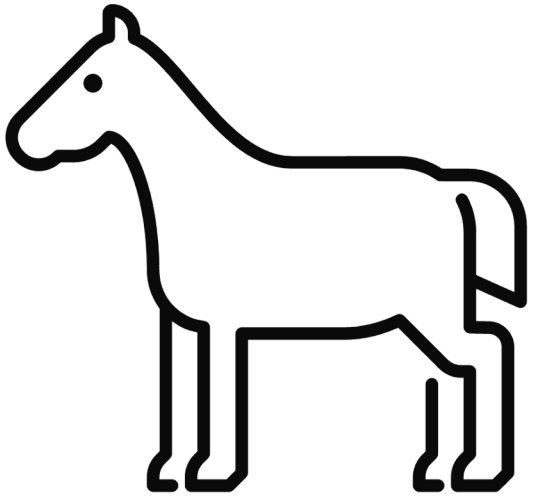
In groups of 2, read each sentence on the page. Work together to brainstorm one simple and two complex reflections for each sentence.



Reflection Practice

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One person will tell their partner about a change they've been considering. In the role of the listener, respond only with reflections. After 3 min, switch roles.