



LISTEN DOWN

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"Listen Down" means going beyond capturing someone's attention (like with "Listen Up") and instead, honing our ability to truly hear and understand those who haven't been heard for various reasons.

The focus is on empowering homeless and transitional aged youth to find their voice.



THE TRANSFORMATIVE POWER OF "LISTEN DOWN" ..

1

"Listen Down" is about actively engaging with homeless and transitional aged youth, granting them a role in shaping programs and initiatives.

LISTEN.
LISTEN...



2

Explore the essential principles of "power" and "posture" to achieve a transformative style of listening.

BEYOND THE BASICS OF LISTENING..



The goal is not just to make someone feel heard; it's about genuinely understanding them and going beyond surface-level words.

EMBRACING THE PRINCIPLES OF POWER AND POSTURE..

"POWER" can be positive when it's about *influencing through empathy, service, and listening well.*

Maintain true power by continuing to listen and connect with others.



THE POWER OF EMPOWERMENT...

Break the cookie analogy demonstrates the importance of creating a safe and nurturing environment for homeless youth to express themselves



Empowering youth to access resources fosters better communication and validates their experiences.



EMBRACING POSTURE..

1

Embrace vulnerability and openness to truly listen to the youth's unique perspectives.

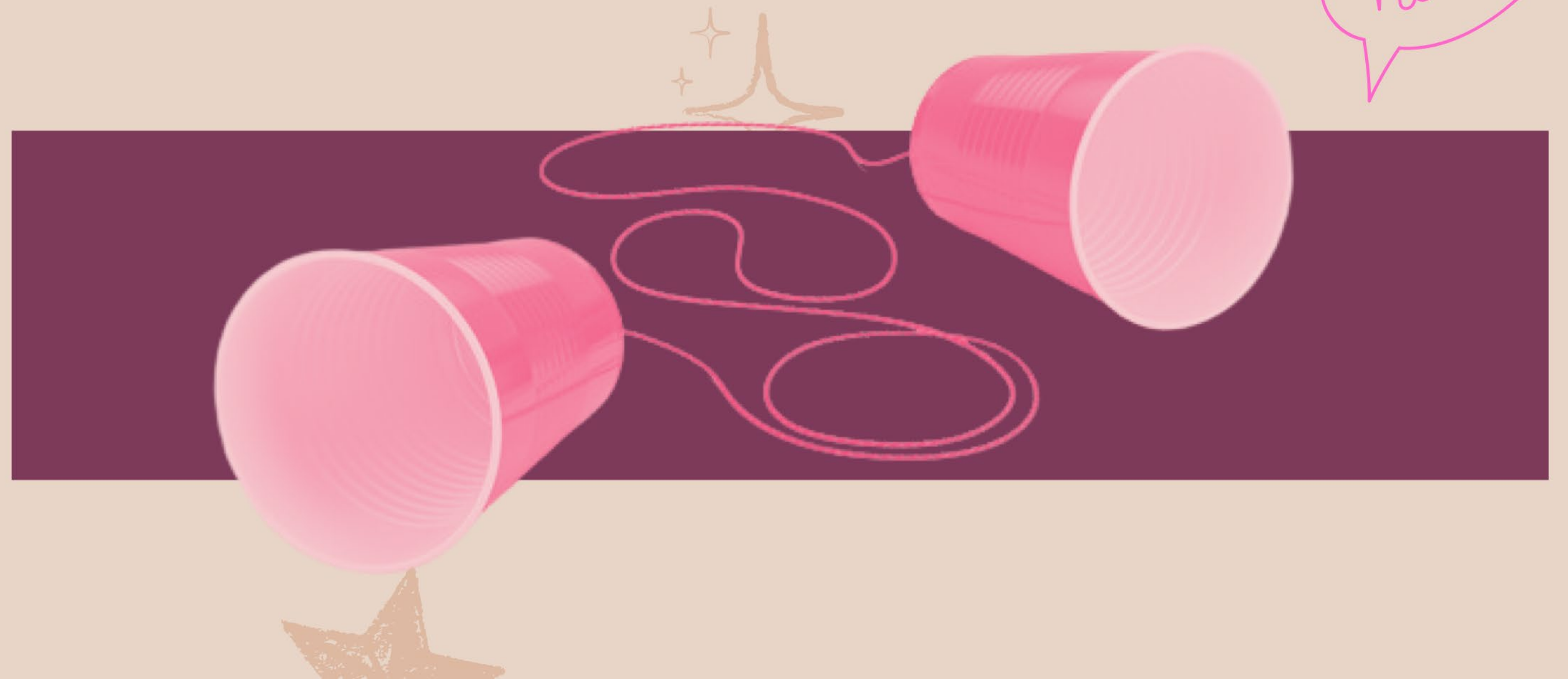
2

Let go of the need to be right and unlock understanding, curiosity, trust, and compassion.



THE CUP AND STRING ANALOGY..

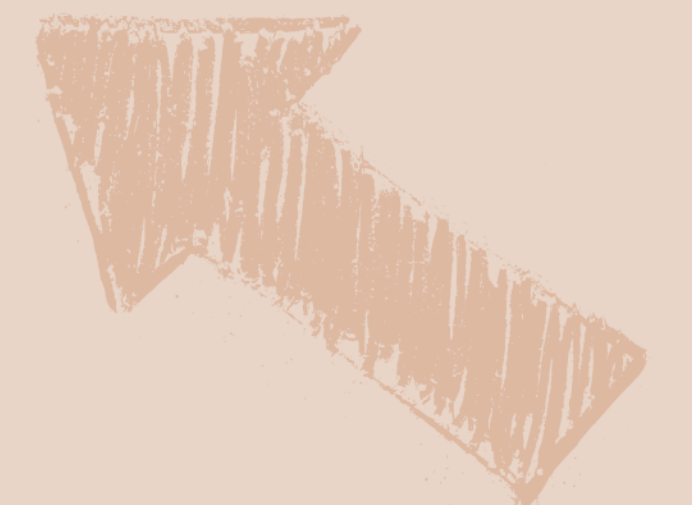
Adopt a posture of attentive listening, like taking turns and staying engaged, to establish meaningful communication with the youth.



THE ART OF ASKING GOOD QUESTIONS..

Good questions involve understanding the youth's background, looking for their strengths, listening with our eyes, and not being afraid to ask obvious questions.

Ask ourselves questions to shift from authority to support, teachability, and curiosity.



THE ROLE OF EMOTIONS IN LISTENING..

Consider the emotions that arise during the conversation to navigate the dialogue with sensitivity and understanding.



KEEPING THE CONVERSATION FLOWING..

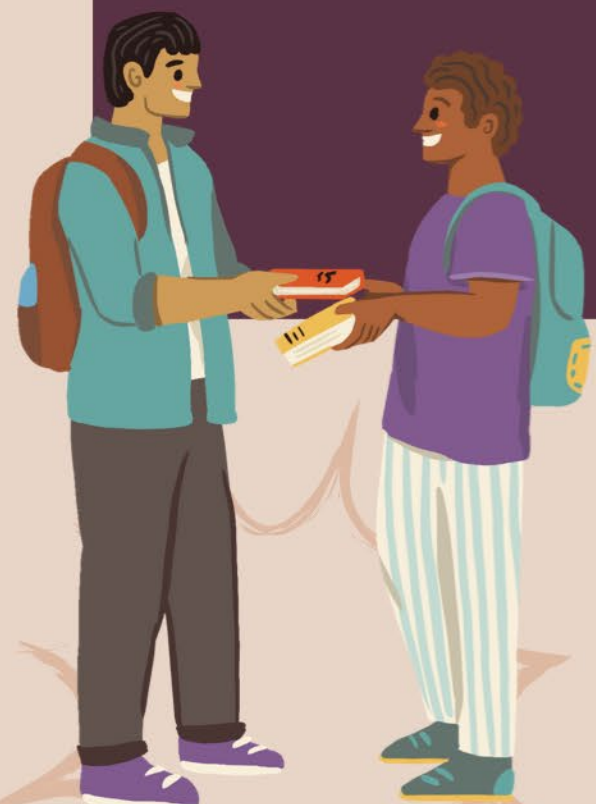
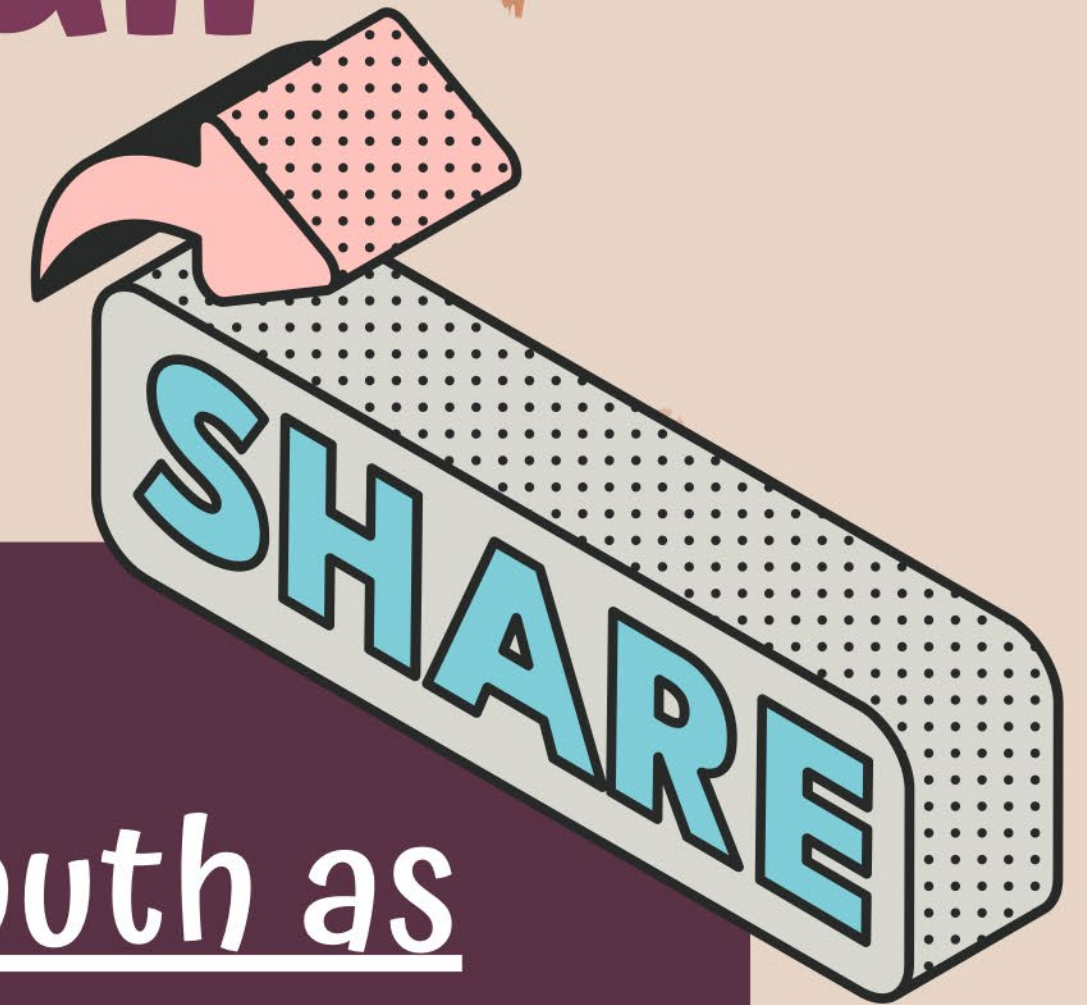
Engage with curiosity-based prompts to encourage the youth to share more *insights*.

WHAT DO YOU THINK?



THE POWER OF SHARING..

Expand the notion of sharing to treat the youth as equals, fostering enjoyment and connection in conversations.



CONCLUSION!

1

The training aims to inspire and empower interactions with homeless and transitional aged youth.



2

Embrace the principles of power and posture, ask good questions, and foster a space for genuine sharing.

3

Together, positively impact individual lives and transform entire communities.