

### **A Listening Exercise...**

With a group of friends or on your own think of a time when you were not listened to, and then complete the following sentence

**When I am *not* listened to I feel.....**

Write all the words down on the left side of a sheet of paper

Then think of a time you were listened to

**When I *am* listened to I feel.....**

Write all the words down on the right side of a sheet of paper

*We hope simply reflecting on your own experience will demonstrate the importance of good listening*

For more information on courses, events, resources  
and listening ministries in Scotland contact ;

Acorn in Scotland Regional Co-ordinator

Rev Maureen Wilson

Tigh Choimneach

Victoria Street

Nairn IV12 4HH

01667 451865

[maureen@acornscotland.org.uk](mailto:maureen@acornscotland.org.uk)

[www.acornscotland.org.uk](http://www.acornscotland.org.uk)

*Acorn Christian Healing Foundation*

*Whitehill Chase, High Street*

*Bordon, Hants GU35 0AP*

*01420 478121*

*Registered Charity No. 1080011*

*[www.acornchristian.org](http://www.acornchristian.org)*

*Aug. '09*



**ACORN IN SCOTLAND**  
~ listening for life, health and community ~

# What is Listening?

### **What is Listening?**

We all listen every day. But how well do we actually do it? And why is it important that we listen well to others? Perhaps trying the simple exercise on the back of this leaflet will begin to answer that question.

Modern technology has vastly changed the way we communicate with one another. What has not changed, however, is the need at the deep personal level for every individual to feel that when they need it, their voice, their story, their concern is listened to.

But good listeners are often hard to find.

Listening, really listening, means much more than just the mechanics of hearing words and noting information. It's about caring for and valuing the other person, giving them the space to say what they have to say and responding in such a manner that signifies to them that they have been heard.

Listening is a skill that can be learned and Acorn in Scotland is committed to providing high quality listening training throughout Scotland. This is available to any group in the voluntary or commercial sector, within healthcare, schools and faith communities.

Our vision, though, is more than simply teaching listening skills. It is about the development of listening people who will contribute to a listening culture within our society because we are confident of the potential impact this can have for life, health and community.

Acorn in Scotland, is part of the national and international organisation – The Acorn Christian Healing Foundation – a registered charity. It makes no apology that its Christian faith is at the heart of its work. It offers the benefit, however, to anyone or everyone, of any faith or none and in all cases without any conditions attached.

Many people wish to develop their listening skills for use in a specific situation. As well as offering listening training, Acorn in Scotland offers help and guidance in setting up *Listening Initiatives* in new situations. These might be connected with churches, GP surgeries, hospitals, prisons, local community, schools, young people's clubs, and Universities.

### **Listening or Counselling?**

Listening is different to counselling, though it is often used in conjunction with it. Listening is simpler to learn and therefore more accessible for people. The simplicity of the Acorn training belies the remarkable effectiveness of good listening something which we believe can contribute to the health and well-being of people and society.

### **From a Christian Perspective**

Christians aim to follow the example of Jesus. Through his life Jesus showed himself to be an excellent listener as he met people at the point of their need with compassion, understanding and healing. Our specific courses for Christians provide the opportunity not only for learning to listen to others and to ourselves but also for learning to listen to God, an important aspect of our own faith journey.