# **Train the Trainer Course, Day 3**

# **Exercise “Anything Goes”**

**Stage 1. Exercise: Are you good at active listening?**



**Stage 2. Exercise: Test your cognitive empathy**





**Stage 3. Wrap-up the discussion**

1. How did you react to your mini conflict?

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1. Is this how you normally act in conflict situations? Why or why not?

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1. How were you able to come to a consensus?

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1. What happened when you switched from debate to dialogue?

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1. When someone disagrees with you, do you always stop to ask questions?

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1. Is it difficult to listen when someone disagrees with you? Why?

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1. What made it easier in this activity?

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1. In what ways could you use these skills the next time you’re in a conflict?

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