

SEPTEMBER 15, 2022

**INTERNATIONAL DAY OF LISTENING: LISTEN TO HEAL  
HEALING RELATIONSHIPS**

# ACTIVITY PLANNING GUIDE



# Listening to Heal: Healing Relationships

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**T**he need for healing and putting things back together again is felt around the globe. In addition to a virus, divisiveness is challenging individuals, families, circles of friends, and work teams. How can we bridge the gaps that have opened and how can we bring about healing?

This year's IDL will focus on what and how listening can contribute to bringing about the healing. We can be part of the medicine that can offer relief - for us and for those around us.

<b>Title / Subject:</b> Give your activity a name.	
<b>Author(s):</b>	
<b>Audience:</b> Make suggestions for the kind of audience for which this exercise would be suitable, e.g., family, friends, neighbors, age group. Who would be included?	
<b>Goal(s):</b> What would you want to achieve or to demonstrate? What is the expected take-away for participants?	
<b>Who would be the participants and how many?</b> Suggest a group size.	
<b>What about the relationship needs to be healed?</b> Ask participants how they would like the relationship to be better.	
<b>How to get started:</b> Provide a structure for the session/event. Perhaps people could share their story of how the relationship started and what happened to cause the current issues.	
<b>Potential Outcomes:</b> Ask people to describe what it would take to heal the relationship and what the desired outcome would be.  Perhaps try a "do over." The past cannot be undone, but you can try a new start.	
<b>Time:</b> How long will the activity take?	
<b>Preparation and Materials:</b> What do you need? Material, References, etc.	
<b>Notes / Observations:</b>	