



Women's empowerment against sexist harassment in public space
Project N° 2022-1-LT01-KA220-ADU-000086398



Active Listening

Asking Questions





Introduction

The FPS project is committed to fostering learning and cultivating attitudes that promote inclusion and respect for diversity. By actively challenging gender stereotypes, we support individuals in acquiring fundamental skills aimed at eliminating discrimination, inequality, and exclusion experienced by women in the EU due to entrenched gender roles and stereotypes.



Key Objectives

- 1. Empowerment:** Strengthening individuals' sense of empowerment to assert themselves in various situations.
- 2. Coping Mechanisms:** Equipping participants with effective coping strategies to navigate instances of male harassment in public spaces.
- 3. Challenging Gender Stereotypes:** Working against gender stereotypes to eliminate discrimination, inequality, and exclusion faced by women in the EU.
- 4. Skill Development:** Supporting individuals in acquiring and developing essential skills to combat gender-based discrimination.



PUHU Research & Consultancy



- A research and education organization operating in the field of Social Innovation. With a bottom-up and participatory approach, we conduct activities in research, education, and reporting to identify the needs of target communities and align proposed solutions with these needs.
- We specialize in designing projects from idea to implementation for EU-supported projects, focusing on areas such as Youth, Migration, Education, and Neurodiversity to develop solution proposals for social issues.
- Utilizing Qualitative Research Methods such as Ethnographic Observation and Listening, Coaching, Philosophy with Children (P4C), and Philosophical Counseling, we create supportive theoretical content and design educational



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01

Introduction

The Pathway to
understand
someone



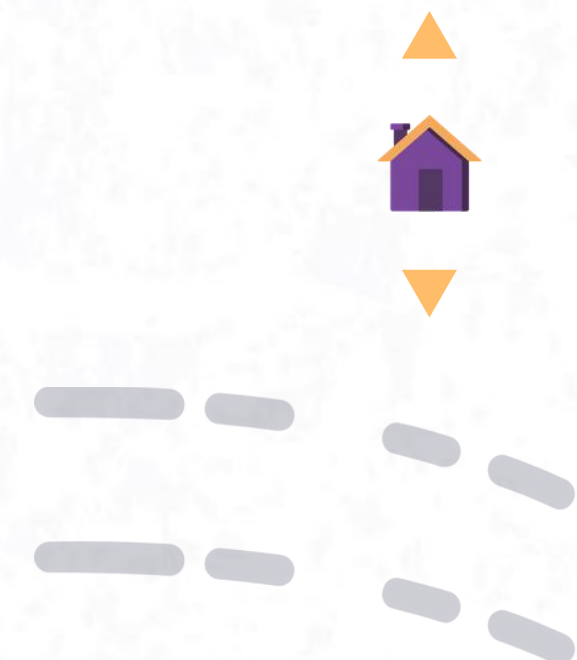
Active Listening

- This module delves into the **essence of communication**, highlighting its pivotal role in uniting individuals into cohesive groups and communities.
- It emphasizes the importance of listening, explores its stages and outcomes, and introduces valuable strategies like the ethnographic approach and coaching standpoint to enhance **effective communication** and **understanding**.



02

Communication & Listening





Communication



- Communication, defined as the exchange of information through symbols or behavior, is vital for humans to form groups and communities.
- Oral language has been key to our evolution, leading to the development of complex societies.



Forms of Communication



Intrapersonal

self-talk &
reflective thinking



Interpersonal

interaction between
individuals



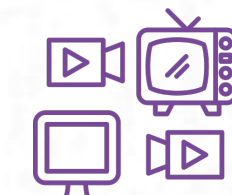
Group

interactions among
three or more
individuals



Public

one person conveying
information to an
audience



Mass

transmitting messages
to a large audience
through various media
channels



Speaking & Listening



Speaking

Expressing thoughts, opinions, or feelings orally

Listening

Listening is the process of actively receiving and interpreting auditory and visual information



Listening

- Listening is a complex procedure that cannot be fully understood unless one adopts a holistic perspective. It is **physiological, cognitive, social, and cultural**.
- It is significant to understand the fundamentals of listening since it is the first action that connects people.



Stages of Listening

1

Receiving

Absorbing information through senses, shaped by the perception

Interpreting

Combining visual and auditory information, applying schemata, and making meaning

2

3

Recalling

Contributing to transferring information into long-term memory.

4

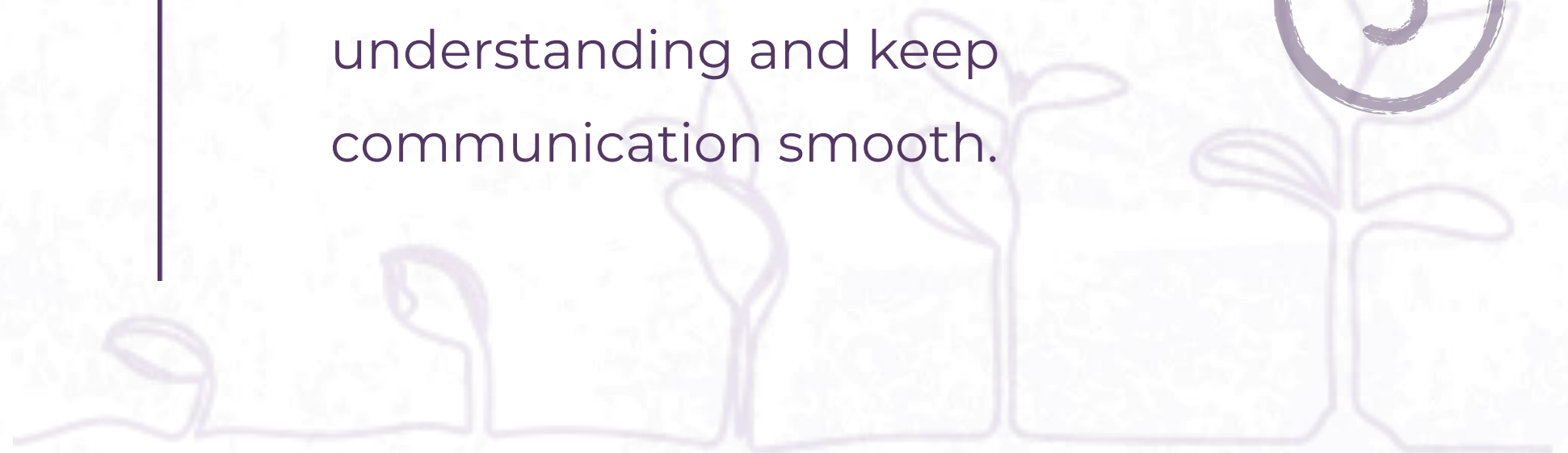
Evaluating

Critically assessing the message

Responding

Using verbal and nonverbal cues and paraphrasing to show understanding and keep communication smooth.

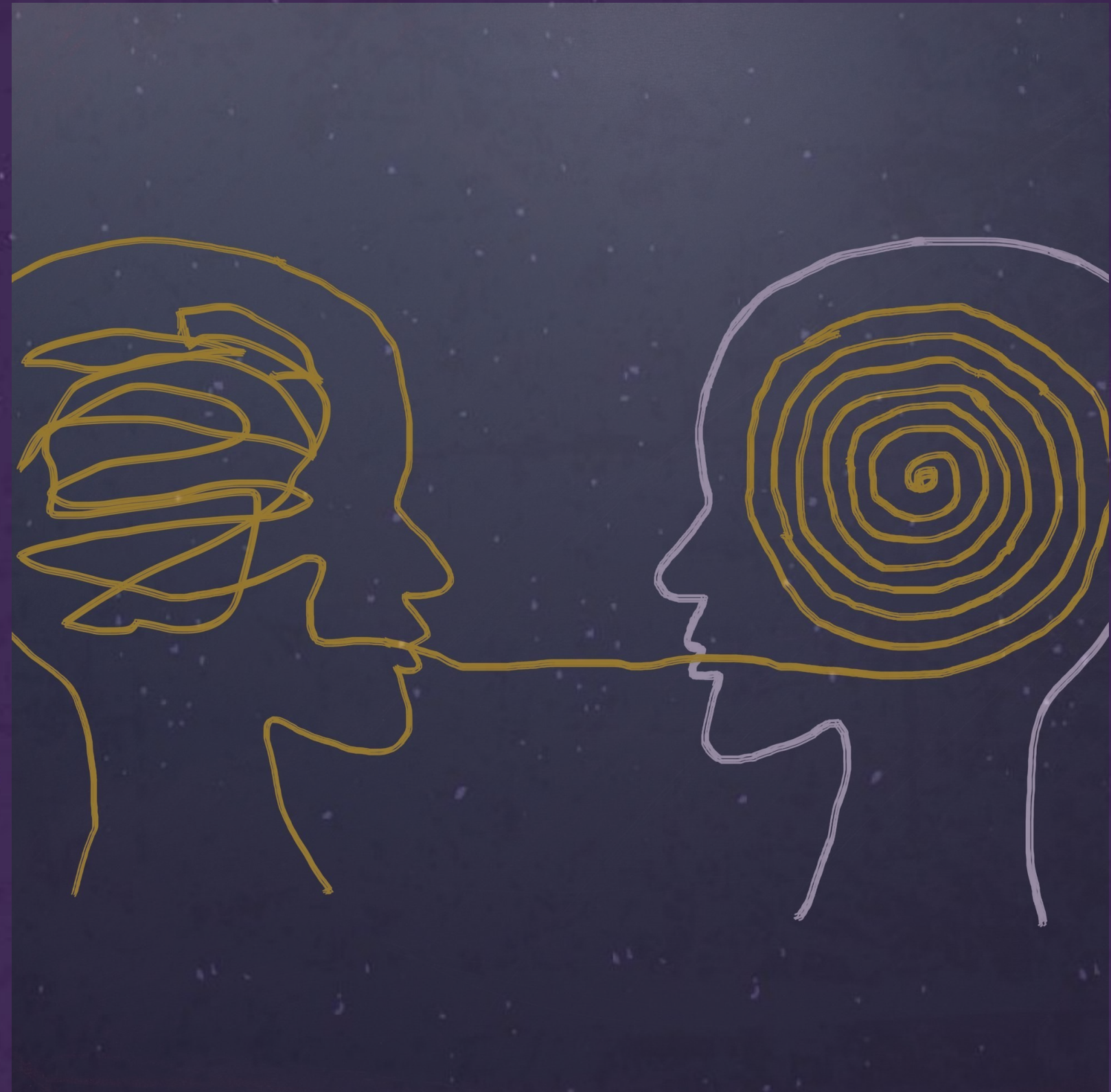
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03

Understanding


as an outcome of Listening




Understanding

- Understanding is identified as a key listening outcome, along with relationship building and affect.
- Active listening, which includes demonstrating understanding and creating positive affect, leads to more rewarding interactions and higher communication satisfaction.





04 Asking Questions to Understand



Asking Questions

- Listening and asking questions go hand in hand in effective communication.
- Active listening involves understanding the speaker's perspective and demonstrating it through relevant questions.
- This connection is crucial for meaningful exchanges and deepening understanding.



Suggestions



Ethnographic Approach

Understanding individuals from within, gaining insights into diverse perspectives and communication patterns.

Coaching Standpoint

Effective listening by fostering engagement, empathy, and a deep understanding of the speaker's perspective



Ethnographic Approach-Rapport



The fluid nature of rapport, guided by local norms, progresses through stages of

- apprehension,
- exploration,
- cooperation
- active participation.

Strategies like active listening, genuine responses, and mutual trust are key in fostering rapport and deepening cultural understanding



Ethnographic Approach-Asking Questions



The three main methods for discovering questions in cultural studies:

- recording questions,
- asking "the questions," and
- asking informants about cultural scenes.

These methods aim to gain a deeper understanding of cultural meaning systems and perspectives.



Ethnographic Approach-Asking Questions



Various types of questions

- Grand Tour Questions,
- Mini-Tour Questions,
- Example Questions,
- Experience Questions, and
- Native-Language Questions

These are employed during ethnographic interviewing to gather comprehensive insights and understanding within a cultural



Coaching Standpoint

Adopting a coaching standpoint involves

- guiding the conversation through thoughtful questioning,
- active listening, and
- providing constructive feedback to facilitate clear communication and mutual understanding.

Therefore, the purpose of coaching standpoint is to combine these approaches, as they both enhance effective listening by fostering engagement, empathy, and a thorough understanding of the speaker's perspective.





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Thank you!



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