

**LISTENING LAB RESEARCH REPORT CARD – SPEAKER**

**EPISODE NUMBER Circle:**        1        2        3        4

**Register your details here:**

Name:

Email:

**Thank you for taking the time to do a Listening Lab exercise. Before recording your research findings take a moment to reflect on what it was like for you to be listened to as you spoke for 15 minutes.**

**Experience of being listened to**

What did you notice about being listened to for 15 minutes?

Was it a pleasant or unpleasant experience? Why do you think it was either pleasant or unpleasant?

**Insights**

What have you learned from the experience of being listened to for 15 minutes? I learned ...