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# Building Anti-Racist Skills through Mindful Listening

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Preview

**Mindfulness**

**Meditation**

**Listening**

**Q&A**

**Practice**

Take good care of your emotions –  
notice the sensation of (fill in the blank) –  
with recognition and insight, you can gain agency  
over your feelings, words and actions –  
and support yourself –  
calming mind and body.

Valerie Brown

# Mindfulness & Meditation are not...

**Passive**

**A relaxation  
technique**

**Creating a special  
state**

**Trying to figure  
things out**

**Trying to stop  
your thoughts**

Mindfulness is a quality of mind that is awake and aware, with an attitude of receptivity, curiosity and interest.

Essentially, a willingness to meet whatever experience you are having and let it be as it is – *to allow for it*.



You are like a scientist—  
curious, open, receptive, patient

# What is mindfulness meditation?

Think of it as a fitness routine for the mind.



“The best things in life are on the other side of a difficult conversation.

If we can have the conversation in a better way, we can make meaningful change in the world around us.”

Kwame Christian



# You **are** doing it right!

Each time you...

...return to your anchor, you build concentration.

...focus on your anchor, you detach from your thought stream.

...notice the mind is wandering, that **is** a moment of mindfulness.

...are kind to yourself when your mind wanders, you build the muscles of compassion.

...notice **where** the mind is wandering to, you gain important insight into your habits and patterns.

*Adapted from the work of Chris Willard.*

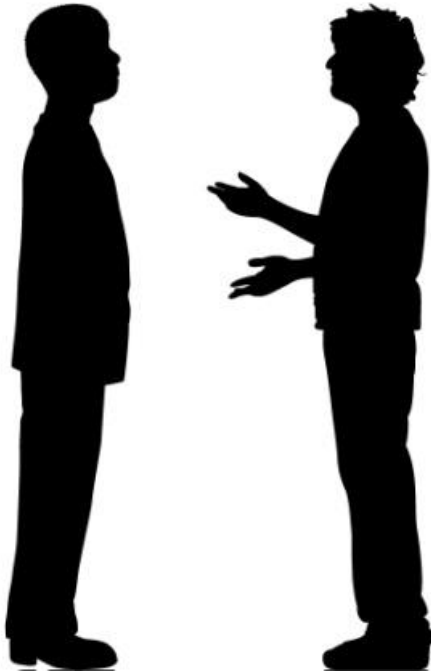
[drchristopherwillard.com](http://drchristopherwillard.com)

# Mindful Listening

I wish he'd  
get to the  
point...

Why did I  
say that to  
my boss...?

*Thinking of  
what I'm  
going to say  
next...*



# Listening

**A set of skills for demonstrating that you understand the thoughts and feelings being communicated, from the speaker's frame of reference.**

# Listening Skills

**Attending**

**Following**

**Reflecting**

# Attending Skills

**Open position**

**Leaning forward**

**Gestures**

**Eye contact**

**Head nods**

**Facial Expressions**

# Following Skills

Prompts

Door openers

# Reflecting

**The listener briefly states in their own words the core of what the speaker has communicated.**



# How to reflect

Search for the core message

State your understanding of feelings and/or thoughts

*You focus*

Brevity

Own words

Downturned voice

Empathy



## Reflection starters

“from your  
perspective...”

“sounds like  
you’re \_\_\_\_  
about \_\_\_\_”

“the way  
you see it...”

“you feel \_\_\_\_  
because \_\_\_\_”

**This is not listening!**

**Questions**

**Advice**

**Reassurance**



# Mindful Listening in Practice

Listening does **not** mean agreeing or approving.

A mindful response **is** an authentic emotional response

*...as long as it's done in your own, authentic voice.*



**[harvardpilgrim.org/mindfulness](https://harvardpilgrim.org/mindfulness)**

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