**WORK CARD 2**

SENDING AND RECEIVING MESSAGES

YOU WANT TO GET TO KNOW ME? LISTEN!

Notes for the trainer:

It is a group exercise. It is necessary to observe the participant who talks about himself.

1. Ask participants to divide themselves into pairs according to personal preferences (eg sympathy, similar interests or having a family) and suggest a topic of conversation in pairs, eg:
2. "Does it not bother you that you're coming home late?"
3. "Do you think you're a good waiter?"
4. "My professional failures" etc.
5. Say that after 8 minutes of mutual information exchange, each participant will have at most one minute to publicly present their partner.
6. Make the participants aware that all the ways to better remember and understand your partner's statements are allowed, with the exception of taking notes.
7. Begin the exercise,
8. After 8 minutes, stop the interviews and ask for the start of mutual presentations - their total duration of no more than 20 minutes.
9. Take 2 - 3 minutes to answer the participants about what they found the most difficult during the task. Questions can be asked to those who were positive or negative during the presentation.