



Peer Coaching/Consulting

- Ca. 1 hour, 5-7 people
- Structured format
- Focused on specific solutions of a set problem based on prior experience of those present
- Solutions based on „I think..“
- No real advice - suggestions

Listening Circle

- Ca. 1 hour, 5-7 people
- Structured format – based on Theory U
- Moment of silence
- Focused on a generative dialogue to offer new perspectives, based on mindful presence, deep listening and witnessing
- Inspirations based on “I feel, I sense, I see..“
- No advice – ever

[For a better understanding, watch the video ,Deep Listening‘ in our Quirky Videos](#)