

# ican... Hear it

Enablers notes



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# Hear it

Listening to what people say

### Why this session is important

To help individual(s) to:

- Recognise that there are positive and negative voices around them and the importance of listening to the voice that will provide the help and encouragement they need to make their vision a reality
- Improve the chances of making their vision real by listening to what their support network has to say about their vision and acting on what they hear

### What you will need

- Copies of the Reach it activity for each individual
- iCan Hear It Resources
- Paper/pens
- 30 minutes dependent on availability of time

# How to do it

Explain that connecting with others involves reaching out to their support network, asking the questions they need to know the answers to and now being prepared to hear what is said and act on it by listening to the right VOICE:

- Build their **V**ision
- Identify realistic **O**bstacles
- Gain fresh **I**deas
- Make new **C**ontacts and
- Learn from **E**xperience

Open up the discussion by talking about positive and negative voices they may hear from those around them. What experience have the individuals you are working with had of this? Consider those positive people who have made a difference by just encouraging them to take a small step, take a risk they didn't think they could, believe in themselves when others didn't, reassure them that they have support, help, love and encouragement to have a go.

Contrast this with those who can be negative – saying they can't rather than they can, shouldn't rather than should and how they feel when they hear these voices. It is understandable to be influenced by those who are in our support networks but making sure to start with the positive people who can build confidence, make visions as big and bold as they can without placing a judgement or being negative is crucial.

Encourage individuals to use the **Listening to the Right Voice** (Resources) as they prepare to share their **Golden Ticket** (Be It Resources) with others and using the feedback they hear to complete the **Making my Vision a Reality** template (Resources).

Consider using an example from one of the individuals you are working with to show this in practice or create your own so they can see how listening to the right voice can shape the next

steps for making their vision a reality.

## What other questions to ask/points to make

Again, be prepared to share some of your story, if it is appropriate. Consider where you have listened to what people have said to you in perhaps both a negative and positive way and what have been the results. Reflect on what you have learned and encourage the group to perhaps share their own experiences of people who have influenced their decisions and actions in the past

As the session draws to a close discuss:

- What they may have learned, or what has surprised or puzzled them about doing these activities
- Help them to identify one key action they may wish to take as a result of doing these activities