

*Are you looking for some breathing space and a chance to be heard? Come to...*

# Spaces for Listening

A simple and lightly-structured process which creates a space for colleagues to come together and share their thoughts and feelings at this time of uncertainty and challenge. It is confidential, there is no hierarchy, we all participate as people.

## Dates and times

15 October 2025 09:00-10:00

to book contact [linda.mcauslan@nhs.scot](mailto:linda.mcauslan@nhs.scot)

12 November 2025 08:30-09:30

to book contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot)

12 December 2025 13:30-14:30

to book contact [jennie.young@nhs.scot](mailto:jennie.young@nhs.scot)

22 December 2025 16:00-17:00


to book contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot)



# What to expect?





Each space for listening comprises a group of up to eight people, meeting together over Teams, for about 50 minutes in total.



There are three rounds of timed contributions - 2 minutes per person, in each round.

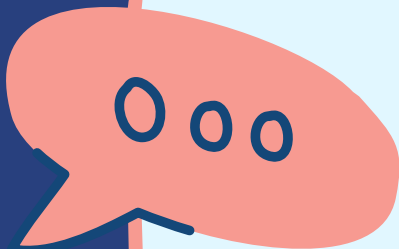
There is a prompt for each round:

- Round 1: How are you, and what's on your mind?
  - Round 2: Any reflections or feelings in the light of Round 1?
  - Round 3: Anything to take away, and anything that has resonated, which you have appreciated?
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Everyone takes a turn in a pre-set order. The facilitator is also an equal participant.

Everyone can use their time to say whatever they like; the host will indicate when the time is up.



Participation is voluntary and anyone can 'pass' when it is their turn.



When the eighth person has spoken in Round 3, the session ends.

