

OARS Practice

You will do this in pairs with each person getting a turn to speak and facilitate the conversation. You will have 10 minutes each and I will ring the bell to give you a 2 minute warning for finishing. If you finish before the bell, just sit and chat until we switch.

Open Question: Tell me about something you are looking forward to and also have some concerns about.

Reflect not the content but what you hypothesize the person is experiencing/feeling.....use the feeling sheet if needed....try stating the reflection as 'you are feeling.....'. Wait for a response.

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Ask the person to look at the Strengths sheet and select one or two strengths that would be beneficial to them with this issue. Using an open question, ask them to talk about these strengths and how they will be helpful. Use reflections as you listen.

Summarize what you have heard thus far.....just the highlights, starting with something like....'let me see if I understand thus far' or 'let me see if I have it right'. Use just 3-4 short sentences.....wait.

Now ask, if the person did not spontaneously offer this when you did the summary, 'what do you think you might do next?'

Thank the person.

Speaker, tell the facilitator two things you appreciated during the conversation.