



CCARE | The Center for Compassion and Altruism Research and Education  
**COMPASSION COURSE | Cultivate a Compassionate Heart**  
**BREAKOUT ROOM PROTOCOL | WEEK 2**

First Breakout Room (9 minutes)

Once in breakout rooms, decide who will share first (A) and who will share second (B). Each person will have 4 min to share. We will tell you when to switch.

**SHARING PROMPT:**

How did last week go? What positive change or impact did you notice occur over last week? What do you want to acknowledge yourself for over the past week? Listeners: Just respond with “Thank you.”

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Second Breakout Room (9 minutes)

(A) shares while (B) provides Active Listening. Each person will have 3 min to share. We will let you know when to switch. At the end you will have 2 min to share with each other how this was for you to listen in this way, and to be listened to in this way.

**SHARING PROMPT:**

What comes up for me as I hear about Active Listening? Are there people in my life who deeply listen to me? Are there people in my life I deeply listen to? Where do I long to be heard more, and where do I sense someone in my life needs my deep listening?

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Third Breakout Room (13 min)

(A) shares for 3 min while (B) provides Active Listening. When (A) is finished, (B) has 2 min to feedback/echo. When (B) is done echoing, they ask: “Did I get that correctly?” or “Is there anything I missed?” If (A) responds with more details, (B) can say “Thank you” or echo again if time. We will tell you when to switch roles. After both people have shared, you will have 2 min to informally discuss what this was like for you.

**SHARING PROMPT:**

Share something difficult in your life, something that is challenging, stressful, painful, or feels stuck (choose something more minor vs. major) and practice active listening and specifically feedbacking/echoing when not the person sharing.