

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

Spaces for Listening



Join us for the **Special edition** of Spaces for Listening this October, reimagined to celebrate Speak Up Week and Black History Month. This familiar event returns with a fresh approach, focusing on reflections on what inclusion means to us in the workplace.

Dates and times

1 October 2024 13:30-14:30

to book contact fiona.sharples@nhs.scot

3 October 2024 12:00-13:00

to book contact fiona.sharples@nhs.scot

11 October 2024 13:30-14:30

to book contact fiona.sharples@nhs.scot

23 October 2024 08:00-09:00

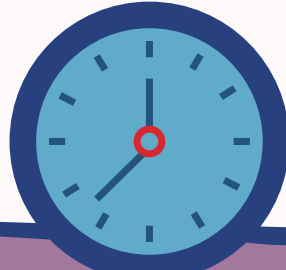
to book contact agnieszka.stephen@nhs.scot



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.



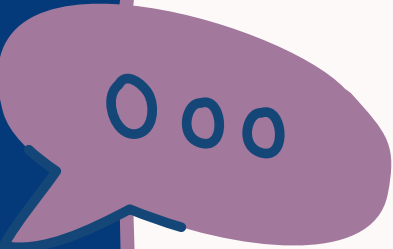
There are three rounds of timed contributions - 2 minutes per person, in each round.

There is a prompt for each round:


- Round 1: What makes you feel included or excluded in the workplace?
 - 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.