

Sounding®

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A sounding is a facilitation tool for creating a safe place for all voices to be heard. Anyone in a group can call for a sounding. When a sounding is called, everyone in the circle can expect to have a chance to speak before the sounding is complete.

- No one is forced to speak
- Only one person speaks at a time
- The person speaking (speaker) tells the group what is true for them.
- In most cases, each speaker limits how much time they take to about one minute maximum
- When finished, the speaker is finished and will not speak again during the sounding
- While speaker is speaking, all others listen and avoid behaviors that distract or demonstrate impatience (waving of the hand indicating that I want to talk next)
- No one answers the speaker or starts a dialog, every speaker's words are allowed to be strong and powerful standing by themselves
- No one is allowed to turn the sounding into a debate or turn to answer the speaker who just spoke
- When the sounding is complete, the group can move to a discussion. In a discussion, the rules are very different. People can talk more than once and debate a topic. In the case of a discussion / debate, people need to practice courtesy and still strive to create an environment that is safe for all.