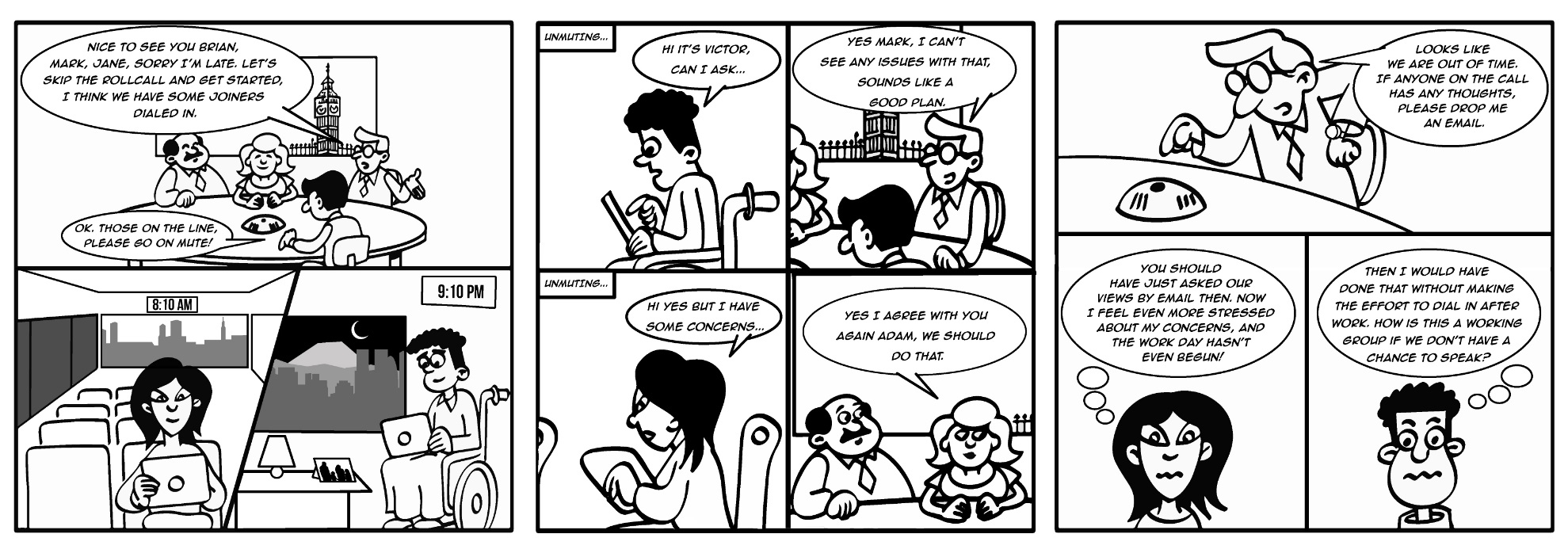
# Mindful Connections

# Being Heard

* **Are you providing the opportunity for everyone to be heard?**



* Consider all participants, particularly if they are not in the room, and give them an opportunity to share their views.
* Take regular pauses for input from all participants.
* Consider whether questions and discussion points can be shared in advance by email.