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**Mary Brock:** Has joined the conversation.

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**Gail Marlin:** good morning

**Mary Brock:** Hi Ladies

**Cynthia Petty:** good morning

**Gail Marlin:** Here we are again!

**Cynthia Petty:** I know, last week of MTTC

**Gail Marlin:** Yea! 😊

**Mary Brock:** Yes, we can see the light at the end of the tunnel

**Cynthia Petty:** Thanks to both of you for all your help and support

**Mary Brock:** Oh, it has been great working with both you and Gail....thank you for all of your help.

**Mary Brock:** Cynthia, how do you feel that you have progressed in your reflective practices?

**Cynthia Petty:** I really feel much more confident. Although I always tried to use the reflective questions and strategies, having it as a focus really encouraged me to be more thorough.

**Gail Marlin:** More thorough? Could you be more specific? I'm not sure what you mean, I'm sorry.

**Cynthia Petty:** For instance, I would summarize feelings and impressions and encourage you to do that also. Gail, did you find that helped you to analyze and develop good training ideas.

**Gail Marlin:** Yes, I think it did. When you asked me the other day to compare the groups that I plan for ... I need to be more careful to ask open-ended questions and to watch my tone. I think I'm doing that now. This really helps with training!

**Mary Brock:** What insights are starting to emerge in your thinking and mentoring processes?

**Cynthia Petty:** I am learning how powerful a thoughtful silence can be and that body language can really guide the collaboration between me and my mentee. Sometimes its wonderful not to have to think of the right thing to say--just give someone else the time to say it!

**Gail Marlin:** Awesome!

**Mary Brock:** You are so right!!

**Gail Marlin:** Cindy, let's talk about you, shall we?

**Mary Brock:** Do we have to...lol

**Cynthia Petty:** Oh you did great. Let's go!

**Cynthia Petty:** You really got a handle on the body language aspect. Just watching you really helped me know what to do. How did you feel that you developed with this skill?

**Mary Brock:** I have become much more aware of how my posture, eye contact, and stance can really convey a message to others. Sometimes it can convey a message that I do not intend to send or can be interpreted incorrectly by someone. So I am working hard to constantly be conscious of my body language.

**Cynthia Petty:** It can almost be like the presuppositions that we studied about, right?

**Mary Brock:** You are so right.

**Gail Marlin:** Exactly. Cindy, you expressed that you wanted to eliminate non productive listening habits. Do you think you've done?

**Mary Brock:** I have gotten better on this. I try not to answer questions before the person has finished asking. And, I try to paraphrase or restate the question in order to get clarification and better understanding of what the person is asking. I still have to work on this but I am much more aware of what I do and when I do it. I hope to get better over time with lots of practice.

**Cynthia Petty:** Everyone responds well to you--you have a very positive tone and use such a positive voice to guide all learners. I think you have always done a good job with this, but are feeling more confident with this as well?

**Mary Brock:** Well, yes I think I am doing a good job with this and hope that the teachers feel free to approach me with any question or problem that they may have. I try to always use a friendly tone with all.

**Cynthia Petty:** And you do a great job!

**Mary Brock:** Thanks:>)

**Gail Marlin:** Right. I think you're on your way to being a successful MTT!

**Mary Brock:** Now lets turn the focus to Gail, I am tired of being on the hot seat. LOL

**Gail Marlin:** Oh, and I thought you were my friend. j/k

**Gail Marlin:** Okay - I'm ready...

**Cynthia Petty:** Gail, one of the things that you were working on was asking questions that focus thinking. I have some "favorite questions" that I use while mentoring. Have you found one or 2 that helps you achieve this goal?

**Gail Marlin:** Yes, I've found myself asking 'feel' questions such as "How does this make you feel?"

**Cynthia Petty:** This is a good way to show empathy, but it also helps clarify what they are thinking.

**Gail Marlin:** Yes.. it's easy with my mentee feels positive. The hard part is when they feel negative so I have get them to find their own solutions to their problem.

**Mary Brock:** Cynthia you are so right about trying to get to know how they are feeling. Sometimes just verbalizing a feeling helps it to loose it's power especially if it is a scary feeling. Gail, in your questioning strategies do you use summarizing and organizing to help paraphrase questions?

**Gail Marlin:** Yes! I feel that it supports the speaker very well.

**Cynthia Petty:** Thanks for helping me get my distance learning training ready. You were very supportive, but did not take over. I really feel ownership for this training.

**Gail Marlin:** You are very welcome. I know your training with the teachers will be GREAT!!! I can't wait!

**Mary Brock:** I think that we have each got some great training ideas and new skills for the trainings we will be doing next semester.

**Cynthia Petty:** I'm looking forward to continuing to work with both of you--coaching, being coached and all that jazz!

**Mary Brock:** Let's be sure and continue to work together and support each other. I know that you two have really supported me and I really appreciate all of it.

**Gail Marlin:** Thank you guys for being so supportive and helpful. It's been fun. I couldn't have done this without you. Merry Christmas! Bye for now.

**Cynthia Petty:** Bye!

**Mary Brock:** Merry Christmas 😊