

## Toolkit 1 - Learning Unit 7

### Post-intervention

#### Activity 4

### Learning to learn: capitalize on your learning, understanding and profiting from experience



Exercise

#### Clear communication

**4. Can you communicate effectively and clearly in a crisis situation? Is this communication clear and distinct to other people in the crisis situation?**



#### Activity 4

Please retell your last crisis situation in which you intervened as if you were telling it to someone who was not involved but needs to know how to intervene in an identical situation. Record it on a voice recorder (e.g., on your phone).

**Go to the following instruction after you have recorded it.**

Now play this recording. Listen carefully and make a note of whether all the essential information about the situation has been said. Was there any essential information missing that seemed obvious to you but may not have been to the uninitiated from the narration? Write this information down on the paper.