

# Talking Stick



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*“The Talking Stick is a tool used in many Native American Traditions when a council is called. It allows all council members to present their Sacred Point of View. The Talking Stick is passed from person to person as they speak and only the person holding the stick is allowed to talk during that time period.”* Source: First People. <https://www.firstpeople.us/FP-Html-Legends/TraditionalTalkingStick-Unknown.html>

<b>Why?</b>	The Talking Stick can be a wonderful way for your team to improve the way you communicate. Practicing this discipline can help you listen with intention, seek to understand, and appreciate the viewpoints of others. These skills are essential to effective collaboration, conflict management, and optimal decision making within a culture of mutual respect and shared leadership.
<b>What?</b>	Any object that can be easily held in one’s hand may be used as a Talking Stick. Stuffed animals often make good Talking Sticks because it’s easy to imagine them as a “mascot” for your community—and they’re cuddly, too!
<b>How?</b>	Sit together comfortably in a circle or square. Place the Talking Stick in the center where all can reach it. Anyone may take the Talking Stick when it’s in the center and not being used. The person holding the Talking Stick speaks only about themselves (thoughts, viewpoints, experiences, feelings) and does so without interruption from others in the circle. When finished, the person with the Talking Stick may pass it to another person or place it back in the center for someone else to take and use.
<b>Variation to Create Dialogue:</b>	After everyone has had a chance to speak their own mind, the Talking Stick (or any other object) may also be used as an Answering Feather. This allows a person to pose a question to someone else by passing the object to the person from whom they wish to hear the answer.