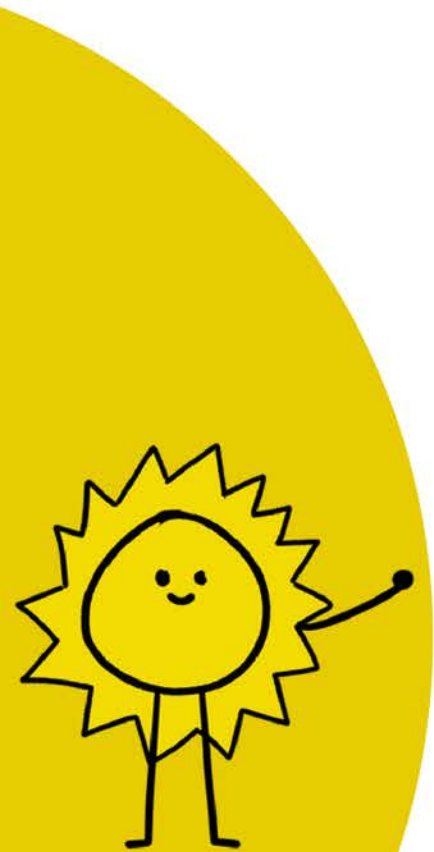


FIGHT LONELINESS!  
BECOME A LISTENER TODAY WITH  
THIS INFO PACKET!



# EVERYTHING YOU NEED TO KNOW



[www.thelisteningtable.com](http://www.thelisteningtable.com)

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- 01** THE PROBLEM:  
A LONELINESS EPIDEMIC
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*the problem*

# THE LONELINESS EPIDEMIC

GENERATION Z (18 - 22) IS THE LONELIEST GENERATION

**79%** REPORT FEELINGS OF LONELINESS  
SOMETIMES OR ALWAYS

**53%** ADOLESCENTS IN THE USA  
DON'T FEEL CLOSE TO THEIR SCHOOLMATES



THE WORLD HEALTH ORGANIZATION DECLARED

LONELINESS IS A PUBLIC HEALTH CONCERN

(NOVEMBER 2023)

LONELINESS CREATES

+50% RISK OF DEMENTIA

+25% RISK OF EARLY DEATH

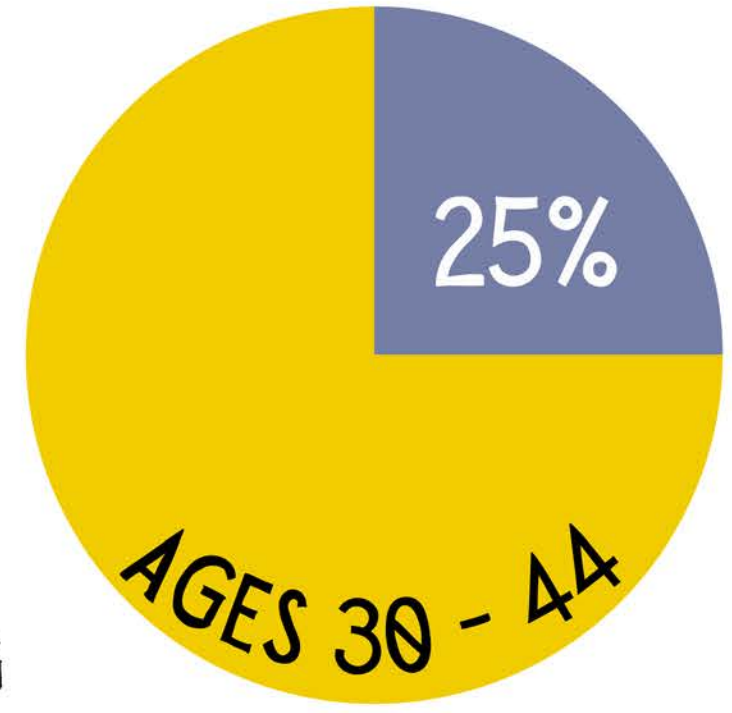
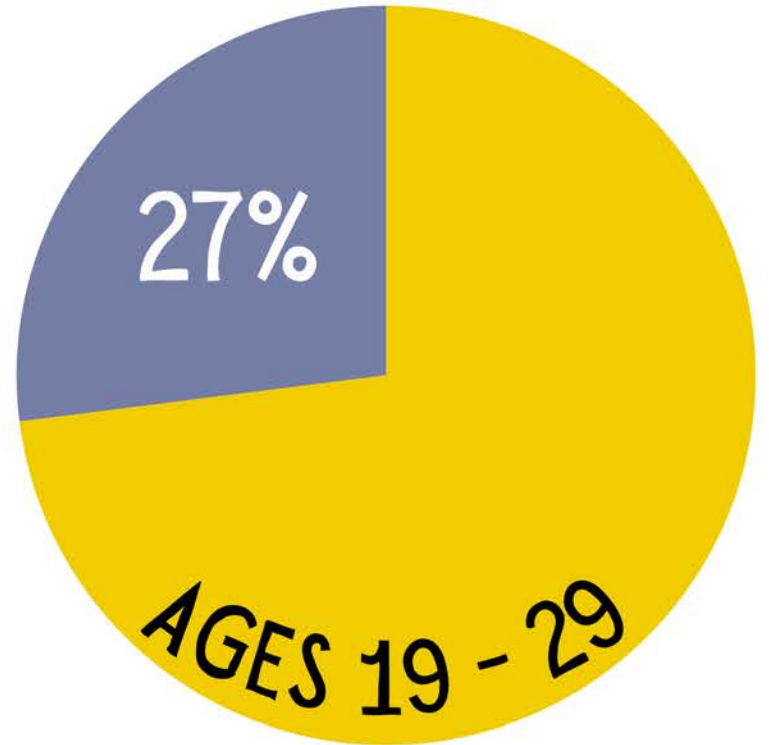
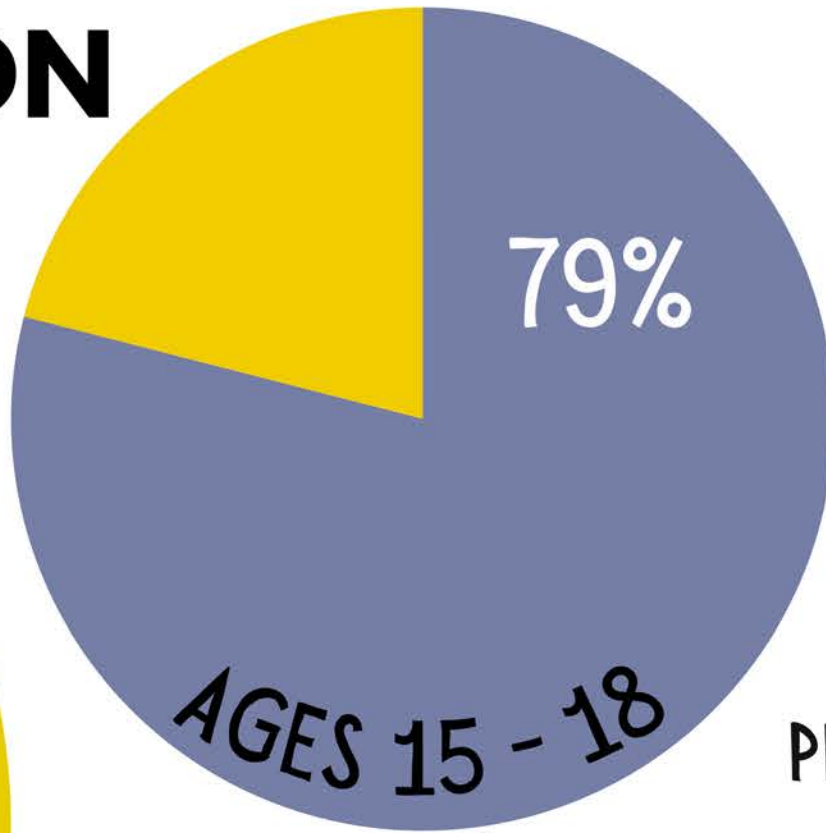
+30% RISK OF STROKE

(U.S. SURGEON GENERAL)

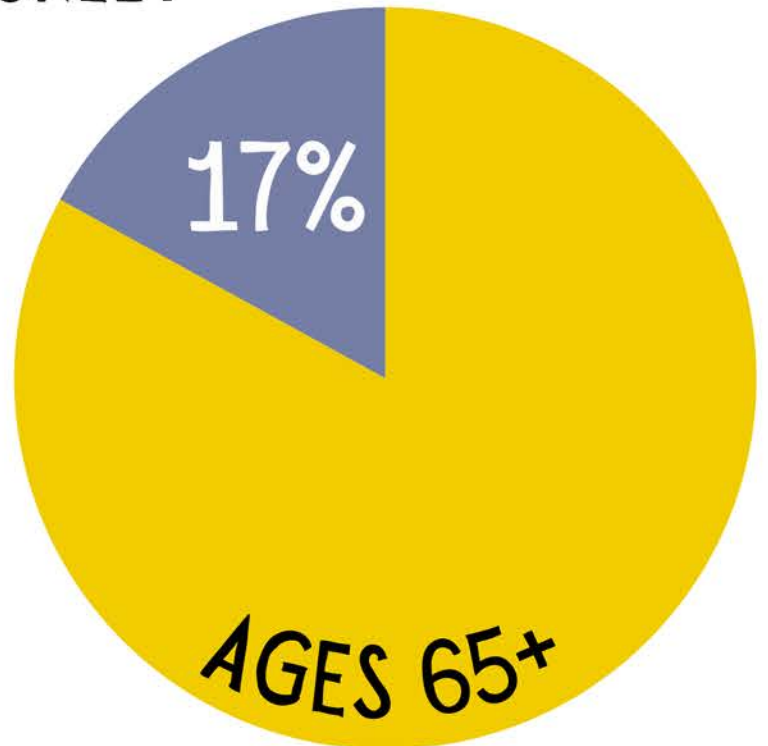
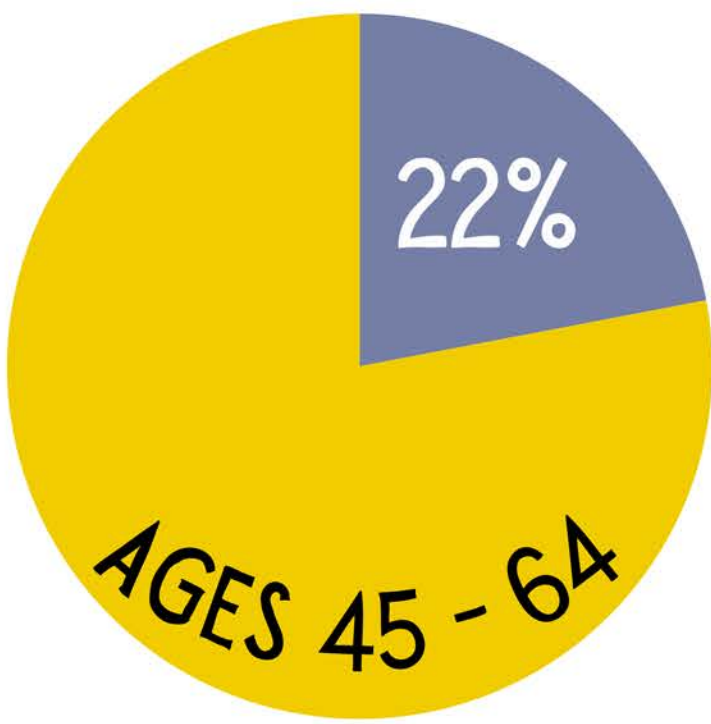
# *The problem* **THE LONELIEST GENERATION**

GLOBALLY: YOUNG PEOPLE  
FEEL LONELIER  
THAN EVER

18-24 YEARS OLDS REPORT 4-5  
TIMES HIGHER DISTRESS &  
STRUGGLING LEVELS THAN OLDER  
GENERATIONS



PERCENTAGE PEOPLE REPORTING  
REGULARLY FEELING LONELY



*The problem*  
**LONELINESS KILLS**



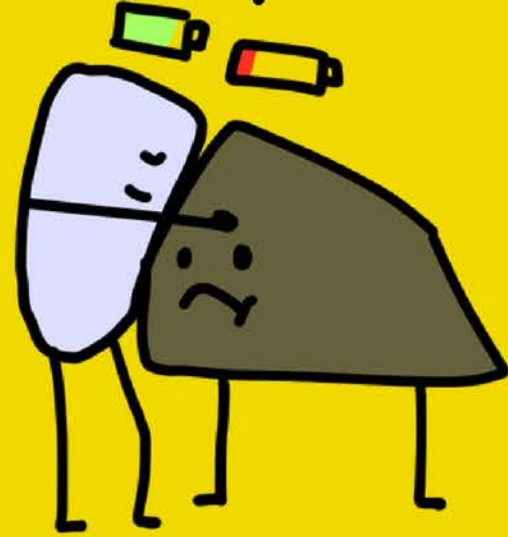
**LONELINESS IS AS LETHAL  
AS SMOKING FIFTEEN CIGARETTES  
PER DAY**

*(US REPORT ON LONELINESS, 2023)*

**Vivek Murthy  
US Surgeon General**

# Crunch the data

## WE NEED MORE SOCIAL CONNECTION!



### LONELINESS PREVALENCE:

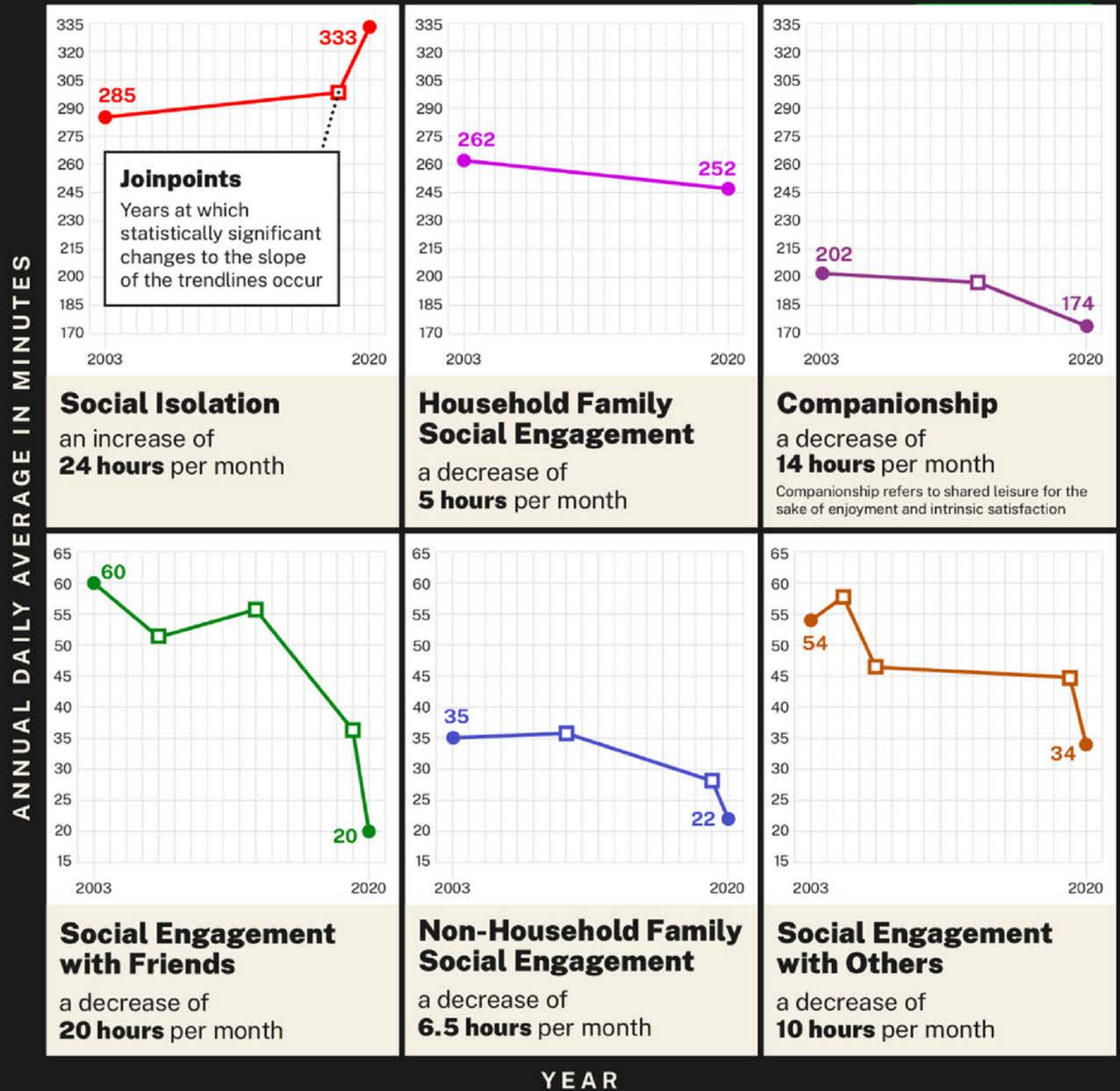
According to the U.S. Surgeon General, the **trends for social connection have been negative.**

Globally, research suggests **hundreds of millions of people** experience loneliness, impacting their wellbeing.

The data shows us that in the last 20 years, social isolation has increased, while **household family social engagement, companionship, social engagement with friends, non-household family engagement and social engagement with others** have all decreased.

## National Trends for Social Connection

From 2003 to 2020, time spent alone increased, while time spent on in-person social engagement decreased.



Source: Adapted from Vijji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation, Social Engagement, and Companionship: Nationally and by Age, Sex, Race/ethnicity, Family Income, and Work Hours, 2003-2020, SSM - Population Health, Volume 21, 2023. The joinpoints are visual approximations.

# *The good news* **CONNECTION SAVES**

THE SURPRISING FINDING IS THAT OUR  
RELATIONSHIPS AND HOW HAPPY WE ARE  
IN OUR RELATIONSHIPS HAS A POWERFUL  
INFLUENCE ON OUR HEALTH.

(HARVARD 80 YEAR STUDY ON LONGEVITY, 2017)

**Robert Walddinger**  
Harvard Professor of Psychiatry



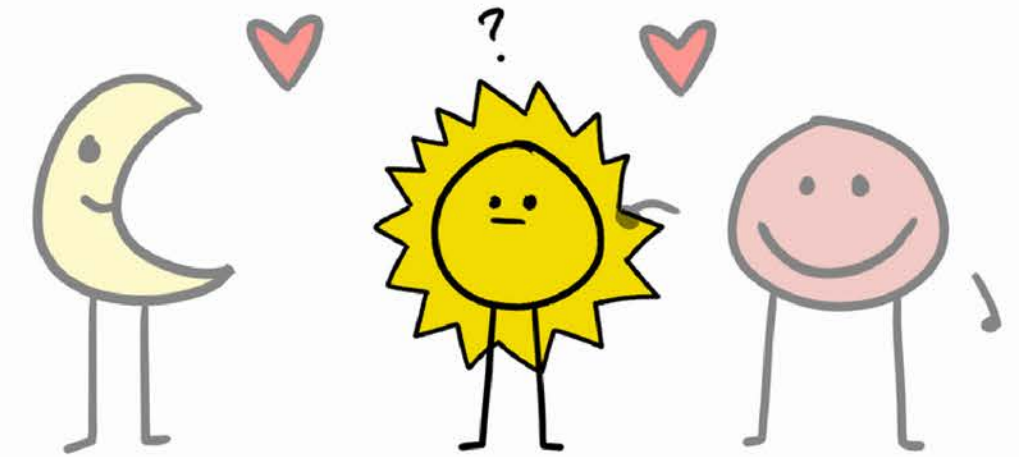
# Introducing **ONLY ISRAEL**

THROUGH YEARS OF VOLUNTEERING

- IN PRISONS,
- IN HOMELESS SHELTERS,
- ON SUICIDE HOTLINE CALLS,

ONLY SAW POOR SOCIAL CONNECTION AS A MAJOR RISK FACTOR

THE LISTENING TABLE STARTED AS A PERSONAL PROJECT WHICH EVOLVED IN A GLOBAL MOVEMENT



GROWING UP WITHOUT GOOD COMMUNICATION ROLE MODELS LEADS TO POOR COMMUNICATION SKILLS

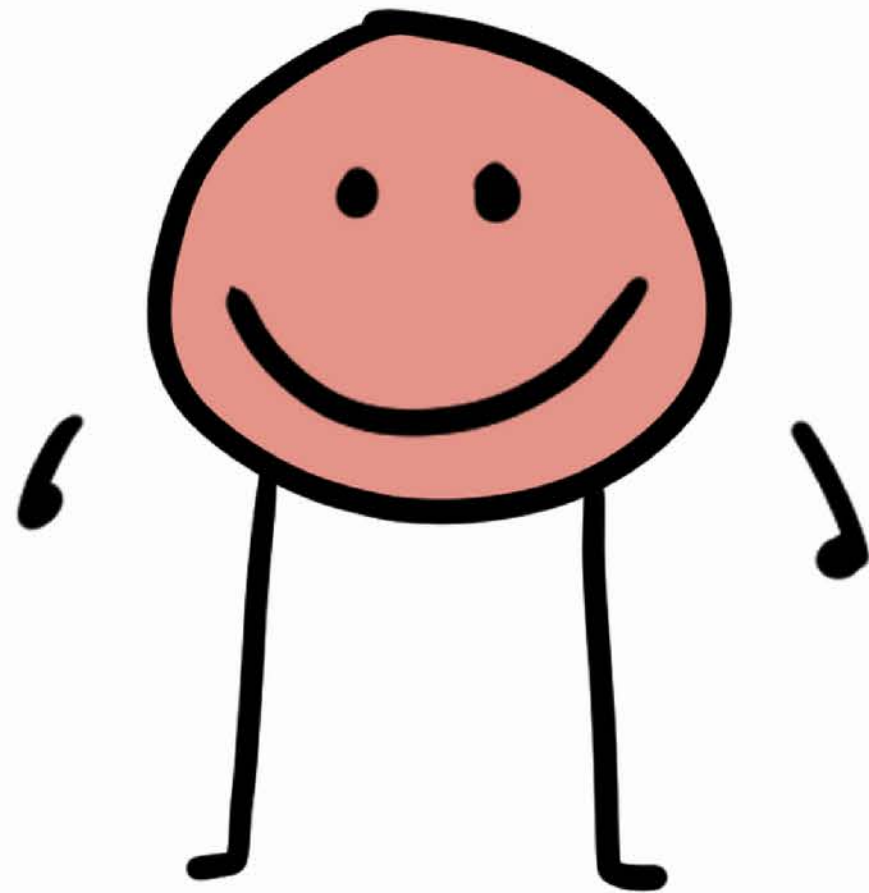
SO LET'S BECOME GOOD ROLE MODELS



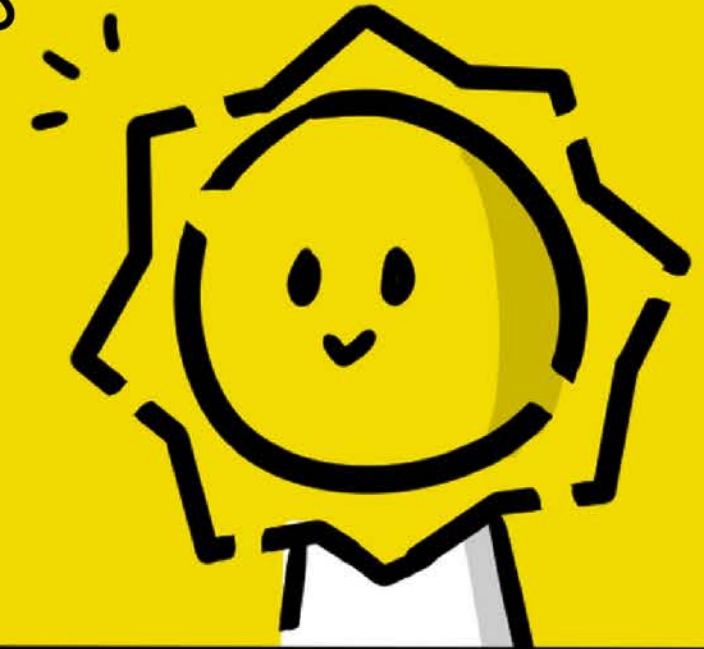
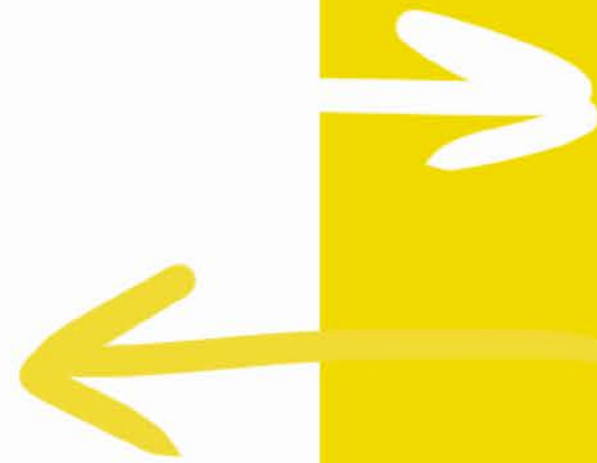
# Introducing **THE LISTENING TABLE**

ANYBODY CAN DO IT

AND EVERYBODY WINS



SHARERS FEEL CONNECTED

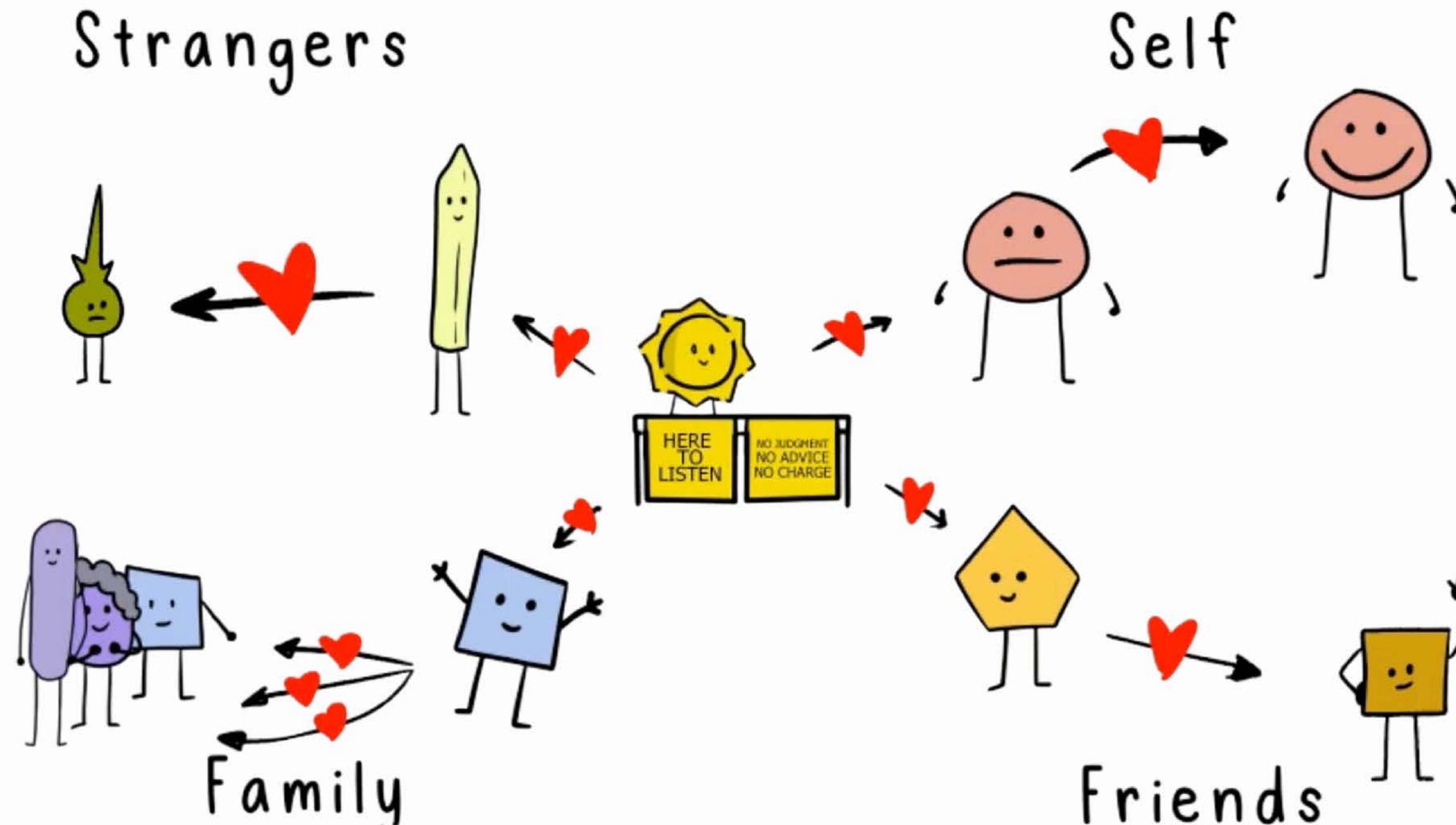


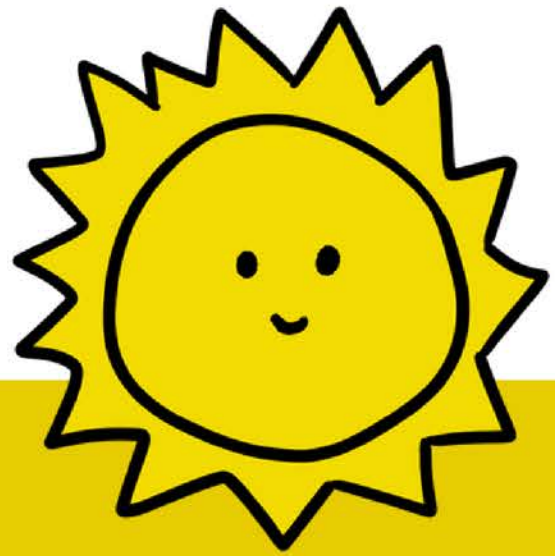
LISTENERS PRACTICE CONNECTION

# Our mission: **LET'S END LONELINESS FOREVER**

MANY WHO SIT AT A LISTENING TABLE WILL FEEL HEARD IN A WAY THEY DIDN'T KNOW WAS POSSIBLE

MANY WILL LEAVE INSPIRED TO PASS THIS SIMPLE YET PROFOUND FEELING OF BEING HEARD ONTO OTHERS





# THE LISTENING TABLE MASTER PLAN

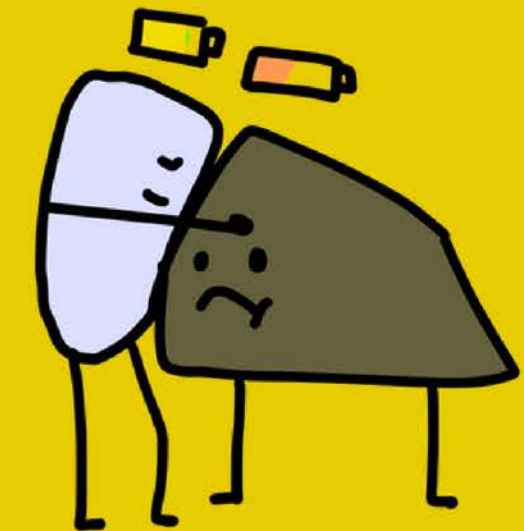
## ***THE LISTENER BECOMES A LEADER***



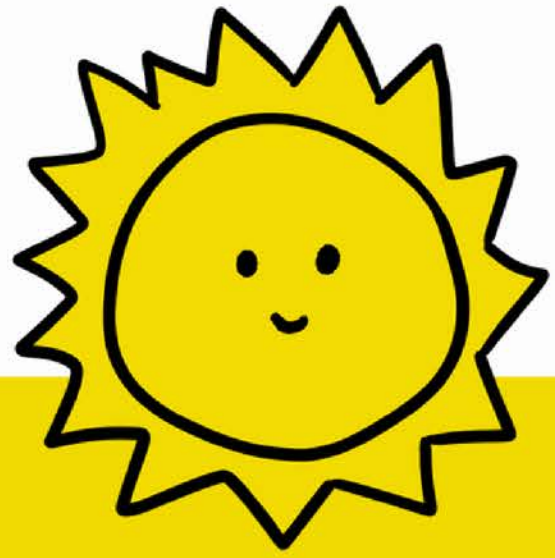
STEP 1:  
A LISTENER LISTENS  
TO A SHARER



STEP 2:  
THE SHARER FEELS HEARD WHICH FEELS GOOD  
THE LISTENER PRACTICES LISTENING



STEP 3:  
THE SHARER SHARES THAT FEELING  
THEY BEGIN THEIR LISTENING JOURNEY



THE LISTENING  
TABLE  
MASTER PLAN

# THE LISTENER BECOMES A LEADER



# *The solution* **MORE LISTENING LESS LONELINESS**

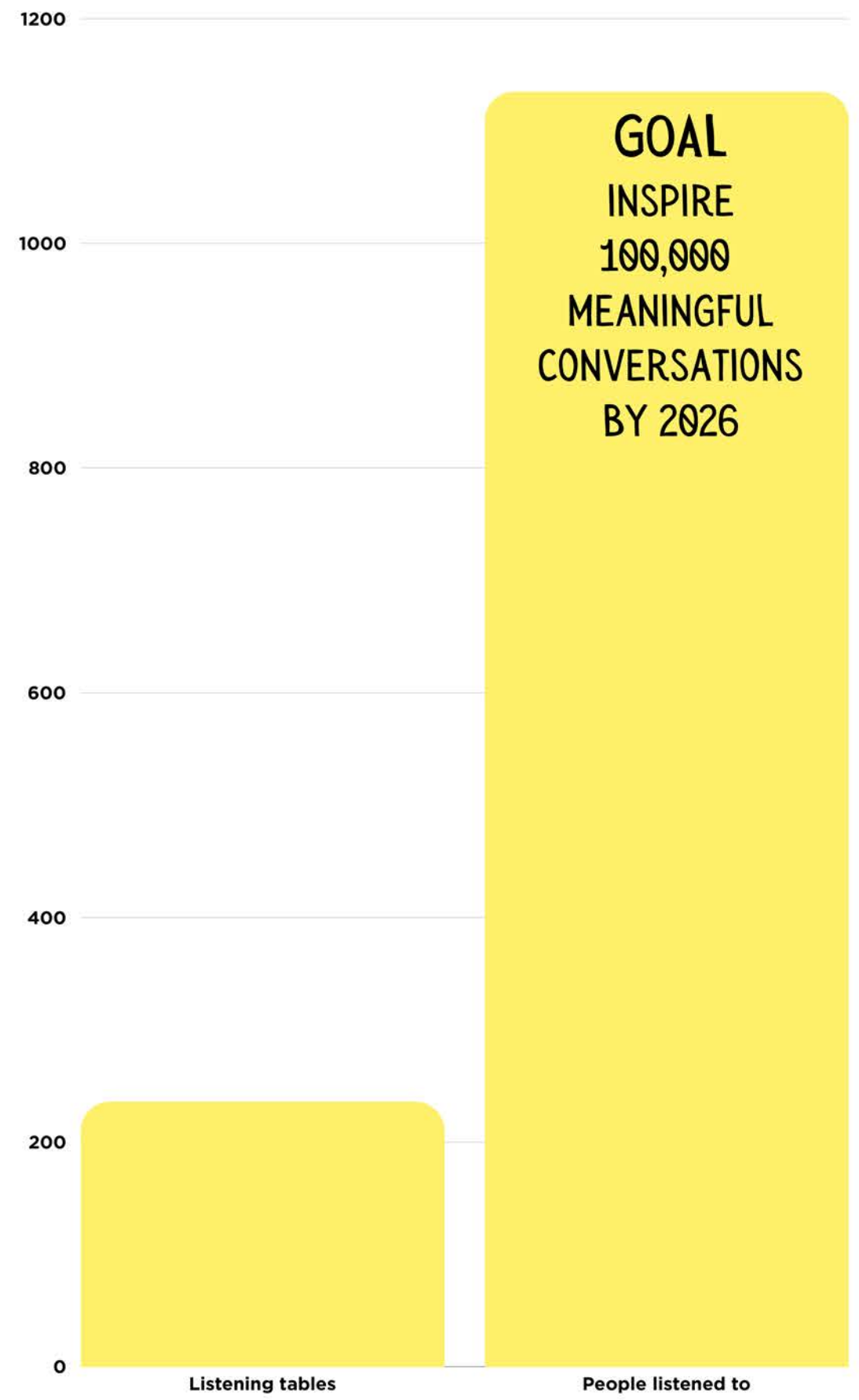
LISTENING TABLES ARE A LOW-COST/HIGH BENEFIT SYSTEM THAT:

- PROMOTES COMMUNICATION SKILLS ON THE INDIVIDUAL LEVEL.
- HELPS PEOPLE FEEL HEARD
- INSPIRES COMMUNITY ACTION AGAINST LONELINESS



SPREADING LISTENING TABLES WORLDWIDE

## **MORE LISTENING LESS LONELINESS**



### LISTENERS REPORTED

**INCREASED EMPATHY**



**BUILDING SOCIAL CONNECTIONS**



**PERSONAL GROWTH**



**INCREASED ABILITY TO IDENTIFY AND HELP OTHERS**



**INCREASED CONFIDENCE**



# CASE STUDIES

## THREE AMAZING EXAMPLES

**STACEY'S TABLE**  
TOODYAY, AUSTRALIA



"I FEEL LIKE I HAVE FOUND MY LIFE'S WORK. I WANT TO DO THIS EVERYDAY."

**THEO'S TABLE**  
VANCOUVER, CANADA



"I FEEL LIKE SOMETHING HAS CHANGED WITHIN ME... NOW I FEEL MORE HUMAN."

**EDWIN'S TABLE**  
EL PASO, TEXAS



"IT HELPED ME REALIZE THAT I CAN DO A LOT OF STUFF AND HAVE A WHOLE BUNCH OF POTENTIAL!"

[READ THEIR REFLECTIONS AND MORE ON OUR BLOG](#)



# So what now?

## SOME WAYS TO GET INVOLVED

### Start Your Own Listening Table



Go to the next page to learn how

### Become an Ambassador



Whether it's **running your own table** or co-creating this movement by helping with social media, inspiring your community, spreading the word, or nominating Orly for a TED talk, if you're ready to usher in a world with more meaningful connection, we would love to have you on the team. Apply on our website below!

### Take a Training Class or Course

Tune into Orly's free **How To Listening Table** online class or register for a longer nine-week deep dive into the Navigating Communication course. *Scholarships available!*

### Submit Your Story

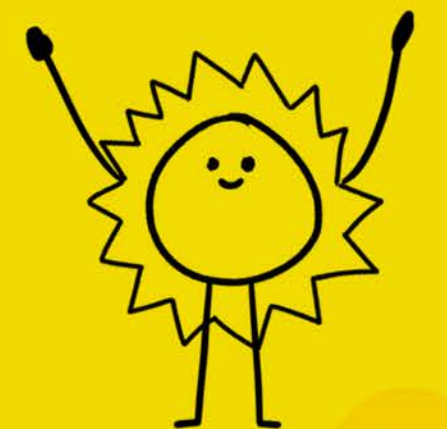
No Listening Table? No problem! Feel free to share a story about how a communication skill you have helped you create a fantastic experience, or be there for a friend, or a time you learned something that changed you or your mind.

### Visit [www.TheListeningTable.com](http://www.TheListeningTable.com)

Check out our website to access our ambassador applications, trainings, classes, the listening community Discord, the better listener blog, and more as it grows.

### Follow us on social media

Follow @orlylisteningtable to hear stories and lessons from Orly and listeners around the world, keep up to date with events, opportunities, and campaigns. Share online to tune people in.



# HOW TO START A LISTENING TABLE

**START  
HERE**

**STEP 1:**  
BE AWESOME  
AND WANT TO  
FIGHT LONELINESS  
AND CREATE CHANGE

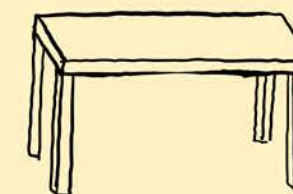
**STEP 2:**  
SIGN UP FOR A FREE TRAINING SESSION  
AT [THELISTENINGTABLE.COM](http://THELISTENINGTABLE.COM)  
(RECORDED TRAININGS AVAILABLE)



**STEP 3:**  
PICK A LOCATION AND  
GET PERMISSION



**STEP 4:**  
FIND YOUR TABLE AND MAKE  
YOUR OWN CREATIVE SIGNS  
(OR PRINT OURS)



**STEP 5:**  
INVITE A FRIEND TO  
JOIN YOU



**STEP 6:**  
GET INTO THE  
LISTENER'S  
MINDSET

REPEAT

ADD YOUR  
CONVERSATIONS TO  
OUR 100,000  
CONVERSATION  
COUNTER

**STEP 8:**  
WRITE AND SHARE  
YOUR REFLECTION ON  
OUR WEBSITE

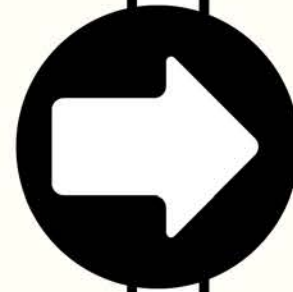
**STEP 7:**  
**GO LISTEN!**



# BEST LOCATIONS

Where to put a listening table

- 01** safe places
- 02** where people go to relax, walk, or unwind
- 03** where you can get permission or don't need it

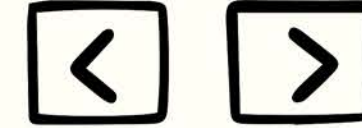


**School Campus**  
High schools  
Colleges

**Lonely Places**  
Nursing Homes  
Homeless Shelters

**Community Spaces**  
Farmer's Markets  
Local Events  
Cafes

**Public Places**  
Parks, Beaches,  
Community Centers



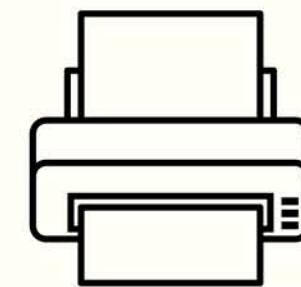
# **PRINTABLES**

**THE NEXT FIVE PAGES**

**1X LISTENING TABLE CHEAT SHEET**

**1X POST-LISTENING TABLE ACTIVITY**

**3X SIGNS (IN CASE YOU CAN'T MAKE THEM)**



# Page-sized Listening Guide

to bring to your table



## Listen to what you want to *know*



Pay attention to your curiosity.

Remember: Ask yourself if your desire for information will get in the way of their story.

## Listen to what you want to *say*



It's okay to feel and let go of the urge to problem solve or advise.

Remember: Most people they tell this to will almost immediately try to fix it or give their opinion. Be the difference.

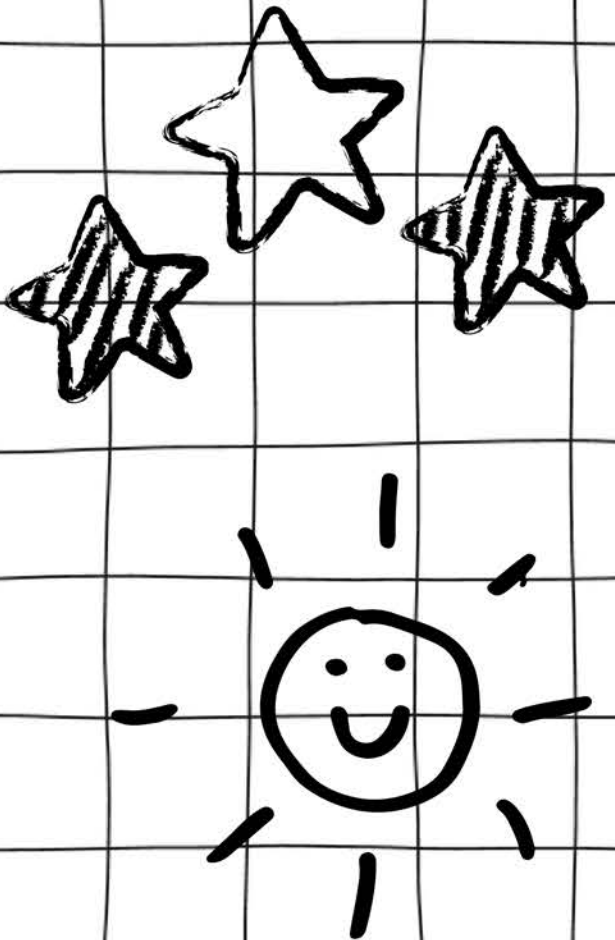
## Listen to what you want to *achieve*



It's natural to feel uncomfortable when someone shares about a hard time.

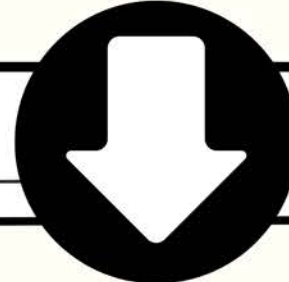
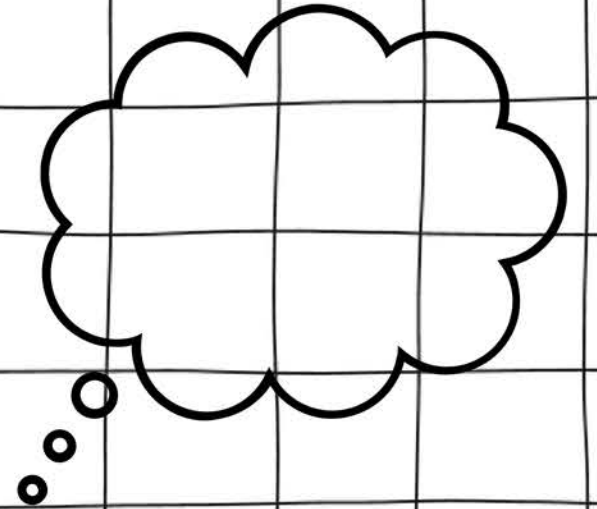
Remember: Letting them feel heard can often make a situation feel more bearable for them.

**Prioritize Connection and Understanding** by reflecting what you are hearing, naming feelings or needs, keeping your attention on the speaker, allowing them the time they need, thanking them for their trust in sharing with you, and finally letting them know how their showing up authentically was beneficial to you.



## After Listening

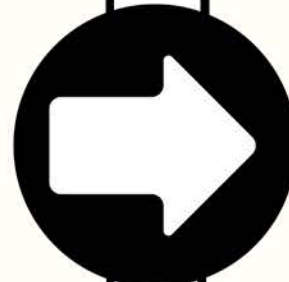
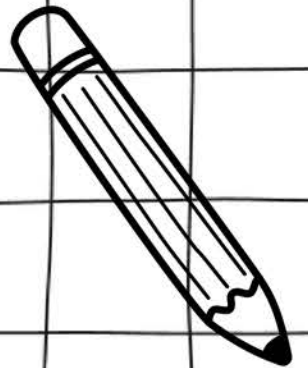
Although doing a listening table is exciting and always new, taking the time to internalize what you've learned is a crucial part of the learning to listen process.



### Quick Write

*If there is space between sharers, or immediately after the table, quickly jot down (or voice record) your thoughts, feelings, and moments that you'd like to remember.*

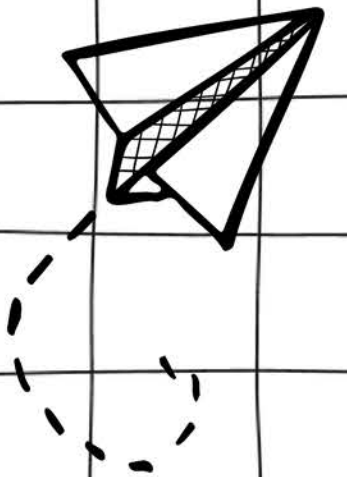
*Examples: Wanted to ask about Miami, Got bored, Got distracted, Story about friend moving away*



### Share Your Story with Other Listeners

*After reflecting, go to [thelisteningtable.com/survey](https://thelisteningtable.com/survey) and spend ten or more minutes writing about your experience. Let yourself free write and discover new lessons as you think about them.*

*If you use details, remember to anonymize sharers by given them numbers or fake names.*



**HERE TO**

**LISTEN**

**NO JUDGMENT**

**NO ADVICE**

**NO CHARGE**

**FREE**

**HUMAN**

**CONNECTION**

**THIS IS A  
LISTENING  
TABLE**



# More ways to help: THE AMBASSADOR PROGRAM

APPLY AT [THELISTENINGTABLE.COM/AMBASSADOR](https://thelisteningtable.com/ambassador)

- THE MEDIA TEAM (SOCIAL MEDIA CAMPAIGNS, GRAPHIC DESIGN, TIKTOKS AND REELS, IGTV, YOUTUBE VIDEOS)
- THE EDITORIAL TEAM (PITCH AND RESEARCH CONTENT IDEAS, CONDUCT INTERVIEWS WITH OTHER PEOPLE AND EXPERTS, CONTRIBUTE YOUR EXPERIENCES TO OUR BLOG, EDIT SUBMISSIONS TO OUR BLOG)
- THE ACTIVISM TEAM (RAISE MONEY FOR MENTAL HEALTH IN UNDERSERVED COMMUNITIES, ORGANIZE LISTENING TABLES AND EVENTS, HELP WITH TED TALK NOMINATIONS AND OTHER SPEAKING ENGAGEMENTS)
- THE LISTENING TABLE TEAM (RAISE AWARENESS IN YOUR COMMUNITY BY STARTING A LISTENING TABLE AT YOUR SCHOOL OR COMMUNITY CENTER, CONTRIBUTE YOUR EXPERIENCE TO THE BLOG, WORK WITH OTHER TEAMS AS A LEADER)
- THE ENTREPRENURIAL TEAM (CREATE T-SHIRTS, MERCH, HOODIES, TO RAISE FUNDS TO SUPPORT OUR CAUSES, HELP WITH GENERAL STRATEGY, HELP FIND SPEAKING ENGAGEMENTS OR BRAND PARTNERSHIPS)
- THE OUTREACH TEAM (SPREAD OUR MESSAGE ON YOUR SOCIALS, PROMOTE AN ISSUE THAT'S IMPORTANT TO YOU AND TAG @ORLYSLISTENINGTABLE, HELP WITH TED TALK NOMINATIONS AND OTHER SPEAKING ENGAGEMENTS)
- OTHER: GOT ANOTHER IDEA? VISIT OUR WEBSITE TO SUGGEST IT!

# More ways to help: ROCK LISTENING APPAREL

SUPPORT AT [SHOP.THELISTENINGTABLE.COM](http://SHOP.THELISTENINGTABLE.COM)

PURCHASE A 'LISTENER IN TRAINING' HAT OR A 'HERE TO LISTEN' BRACELET TO REPRESENT GOOD LISTENING WHILE SUPPORTING LISTENING WORKSHOPS



OR APPLY TO THE AMBASSADOR'S ENTREPRENURIAL TEAM TO HELP DESIGN OTHER MERCH

# *More ways to help:* **SPEAKING ENGAGEMENTS**

Are you in a leadership position with a faculty, enterprise, student body, community group, youth organization or other group with a vested interest in igniting a spark of change?

Book Orly Israel to speak or lead a communication workshop. Drawing from over 1,000 inspired conversations at his table, in prisons, homeless shelters, and the suicide hotline, Orly shares how he catalyzed a global movement with less than \$100 in supplies and his approach to tackling large challenges through small, consistent steps. His talks on leading with authenticity and unlocking deeper human connection through mindful listening and communication leave audiences feeling empowered. Orly provides interactive workshops packed with immediately actionable tools for fostering presence, empathy and courage in all interactions. A dynamic speaker and facilitator, Orly energizes events through his one-of-a-kind methodology - helping people authentically express themselves and relate to others with confidence and joy.

For more, email [orlysemailbox@gmail.com](mailto:orlysemailbox@gmail.com) with the subject "SPEAKING"

# Speaking: TESTIMONIALS

"I feel like I've not only become a better listener, but a better person in general."

- Casey E

"Sitting in a few moments of silence used to bother me and I'd quickly try to fill it. Not so much anymore."

- West W

"Your talk really made me stop and wonder how my current relationships affect me and my happiness. Because of that, I stopped and took a look at the relationships that I had and started focusing on the more meaningful ones and became a little happier!"

- Colten S

"You made me realize that everyone has a voice and wants to be understood."

- Laura L

"You made me realize that there is so much more I can do to be there for my friends and family."

- Rhiannon B

"You made me realize how to listen. Thank you."

- John F

"I was shocked when I tried your methods of listening on my best friend and the next day he said how good he felt and how thankful and relieved he was for listening to him."

- Milosz O

"I am 100% more conscious in my interactions with other people. You taught me how proper listening can make a huge difference in the quality of a conversation and furthermore the quality of your own personality."

- Jonathan G

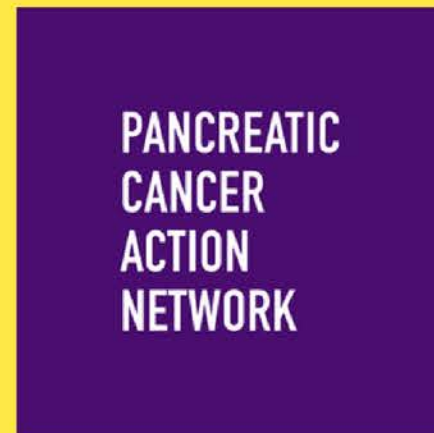
"I just wanted to say thank you, thank you for what you do, what you have done and what you will continue to do, people need someone like you"

- Gage N

"I didn't know I needed this. Thank you for letting me know."

- James E

# Speaking and Media: IN GOOD COMPANY



*More education:* TAKE ORLY'S CLASS

# Connection Class

hosted by Orly Israel

**A ten-week educational voyage into what it means to listen to yourself, to others, and how to lead with confidence and grace in the face of uncertainty.**

*Scholarships available to students and teachers*

Begins in June 2024. Visit [thelisteningtable.com](https://thelisteningtable.com) for information

For group rates, email [orlysemailbox@gmail.com](mailto:orlysemailbox@gmail.com) with the subject "CLASS"

# References:

## SDG:

[HTTPS://SUSTAINABILITYKNOWLEDGEGROUP.COM/WHICH-BENEFITS-CAN-THE-ALIGNMENT-WITH-THE-SDGS-BRING-TO-YOUR-ORGANIZATION/](https://sustainabilityknowledgegroup.com/which-benefits-can-the-alignment-with-the-sdgs-bring-to-your-organization/)

[HTTPS://WWW.EDUCATION2CONF.COM/BLOG/HOW-DO-SDGS-BENEFIT-STUDENTS-REVIEW-EDUCATION-20-CONFERENCE](https://www.education2conf.com/blog/how-do-sdgs-benefit-students-review-education-20-conference)

[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/SUICIDE](https://www.who.int/news-room/fact-sheets/detail/suicide)

[HTTPS://GEM-REPORT-2019.UNESCO.ORG/CHAPTER/MONITORING-PROGRESS-IN-SDG-4/SUSTAINABLE-DEVELOPMENT-AND-GLOBAL-CITIZENSHIP-TARGET-4-7/](https://gem-report-2019.unesco.org/chapter/monitoring-progress-in-sdg-4/sustainable-development-and-global-citizenship-target-4-7/)

[HTTPS://OURCITYPLANS.ORG/NEWS/WHY-SDG-INDICATOR-1132-MORE-IMPORTANT-YOU-THINK](https://ourcityplans.org/news/why-sdg-indicator-1132-more-important-you-think)

[HTTPS://WWW.UNDP.ORG/SDG-ACCELERATOR/BUSINESS-AND-SDGS](https://www.undp.org/sdg-accelerator/business-and-sdgs)

## SMOKING STUDY:

[HTTPS://PUBMED.NCBI.NLM.NIH.GOV/25910392/](https://pubmed.ncbi.nlm.nih.gov/25910392/)

## LONELINESS, ISOLATION AND STRESS:

[HTTPS://PUBMED.NCBI.NLM.NIH.GOV/25910392/](https://pubmed.ncbi.nlm.nih.gov/25910392/)

## ONE IN FOUR PEOPLE IN THE WORLD FEEL LONELY:

[HTTPS://WWW.STATISTA.COM/CHART/31243/RESPONDENTS-WHO-FEEL-FAIRLY-OR-VERY-LONELY/](https://www.statista.com/chart/31243/respondents-who-feel-fairly-or-very-lonely/)

[HTTPS://WWW.TED.COM/](https://www.ted.com/)

[HTTPS://SPEAKER-NOMINATIONS.TED.COM/](https://speaker-nominations.ted.com/)

[HTTPS://WWW.TED.COM/ABOUT/CONFERENCES/SPEAKING-AT-TED](https://www.ted.com/about/conferences/speaking-at-ted)

ANDERSON, E., & MARTINEZ, J. (2023). INTEGRATING LISTENING TABLES INTO CAMPUS LIFE. EDUCATION TODAY, 34(3), 78-85.

SMITH, J., ET AL. (2023). HOSTING LISTENING TABLE EVENTS IN COMMUNITY CENTERS: LESSONS LEARNED. COMMUNITY DEVELOPMENT QUARTERLY, 16(4), 123-130.

PEREZ, L., & SMITH, R. (2021). CORPORATE TRAINING ON BUILDING EMPATHY THROUGH LISTENING TABLES. TRAINING & DEVELOPMENT JOURNAL, 25(3), 56-62.

ROBERTS, C., & CLARK, M. (2023). IMPLEMENTING LISTENING TABLES IN EMPLOYEE WELLNESS PROGRAMS. JOURNAL OF WORKPLACE HEALTH PROMOTION, 19(2), 87-94.

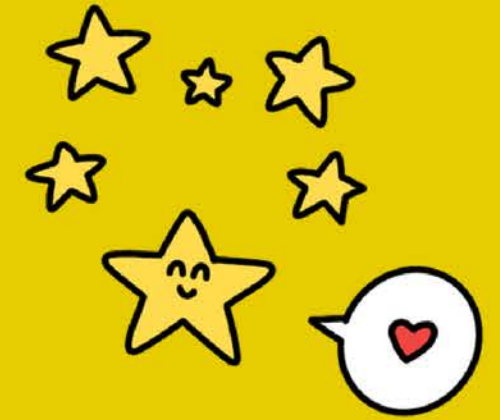
## TED TALK TAKEOVER REFERENCES

[HTTPS://WWW.TED.COM/PARTICIPATE/ORGANIZE-A-LOCAL-TEDX-EVENT/TEDX-ORGANIZER-GUIDE/SPEAKERS-PROGRAM/WHAT-IS-A-TEDX-TALK](https://www.ted.com/participate/organize-a-local-tedx-event/tedx-organizer-guide/speakers-program/what-is-a-tedx-talk)

[HTTPS://WWW.TED.COM/ABOUT/CONFERENCES/SPEAKING-AT-TED](https://www.ted.com/about/conferences/speaking-at-ted)

[HTTPS://SPEAKER-NOMINATIONS.TED.COM/](https://speaker-nominations.ted.com/)

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