During the activity it became increasingly difficult to continue reading the script, due to the lack of eye contact, interest and overall non-verbal communication that was being shown by the receiver. I was unable to separate any fact from opinions, as I felt too distracted by the receiver. It made me feel like I was boring the receiver and I wanted to stop.

As stated in the class though, both the receiver and I have the advantage of working in a place where we deal with a huge variety of people on a daily basis, ie. from different cultures, backgrounds, upbringings, levels of education, etc, so, although there was that distraction, I was still able to continue through the script until the end.

My speaking and listening behavious are constantly changing based on the person I am speaking with at the time. It’s always good to have refreshers and constructive feedback on your speaking and listening behaviours, as I find helps to be able to deal with the broader community more effectively.