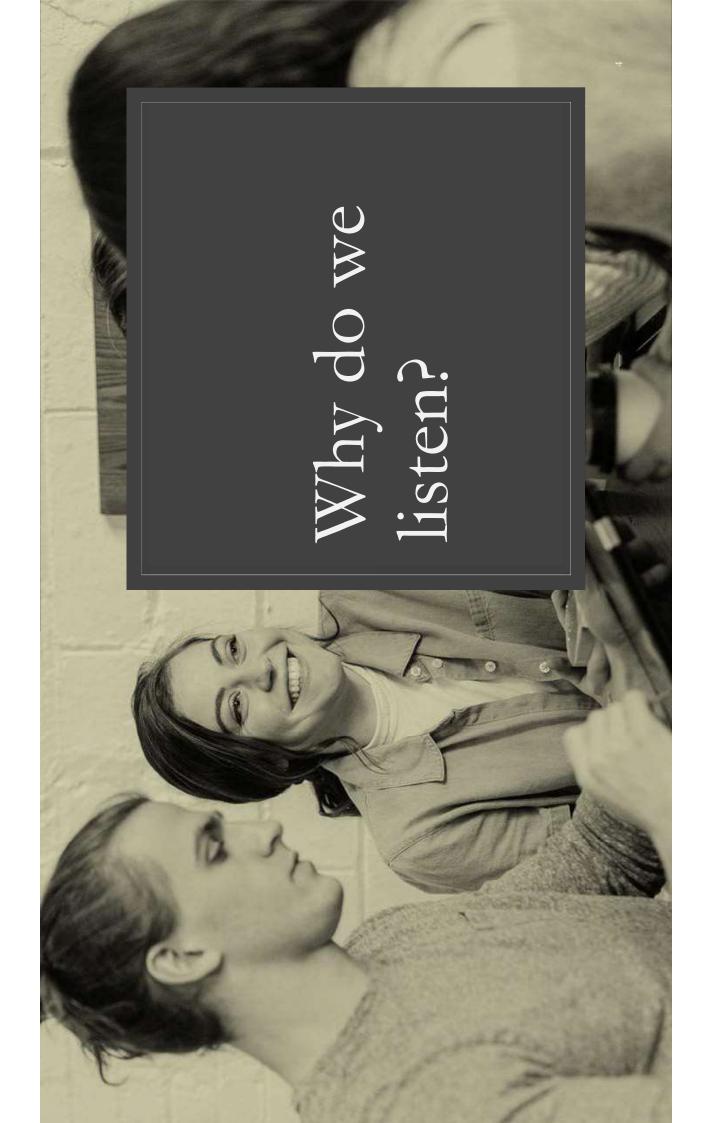


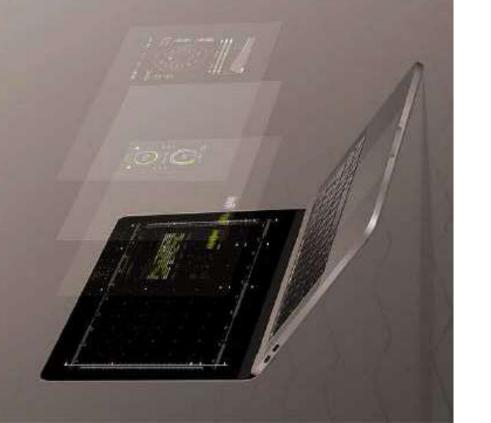
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## LISTENING SKILLS

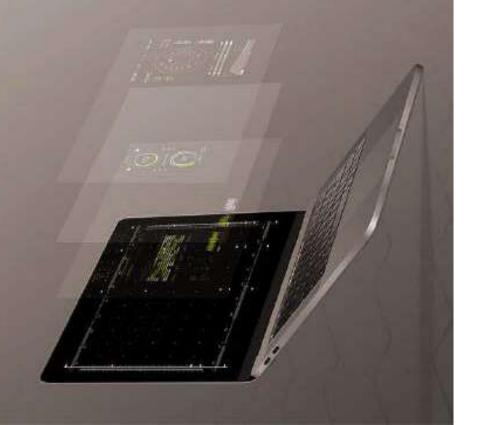


physically and mentally) istening is an ACTIVE To listen effectively, we need to STOP talking OFOCESS.

ensure that the message is speaker AND receiver play remember that BOTH the interdependent roles to received as intended. In any interaction, important and

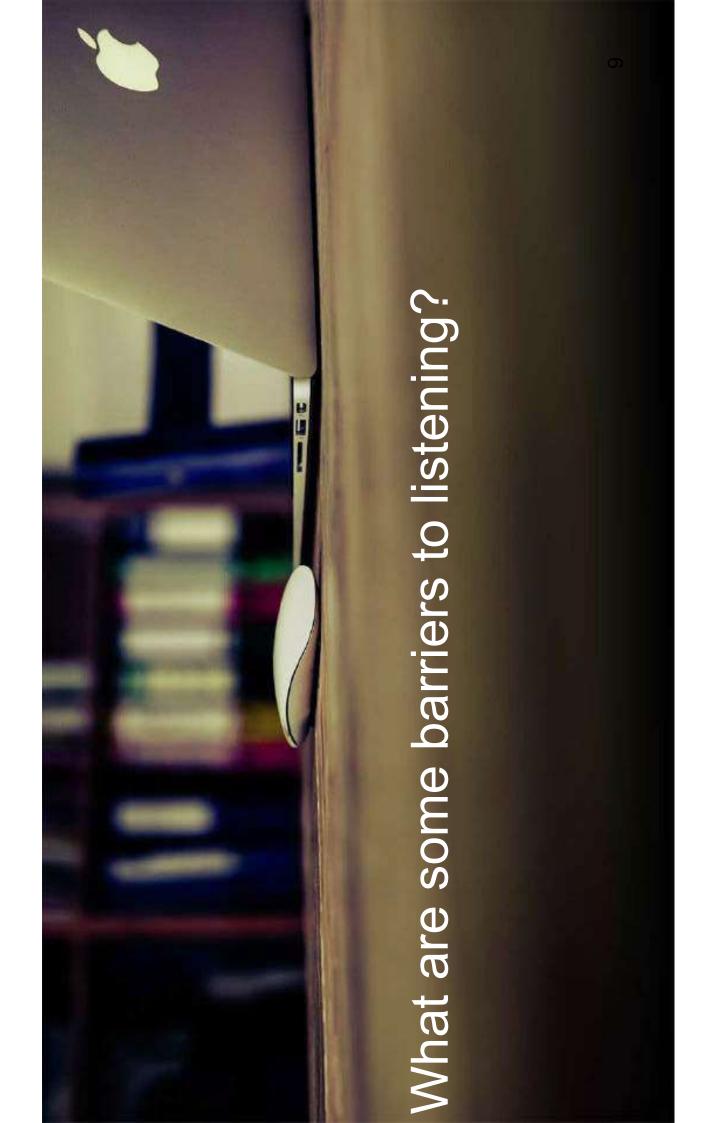


responsibilities to make the Each listening situation is listener's and speaker's NEW. It is BOTH the best of it.

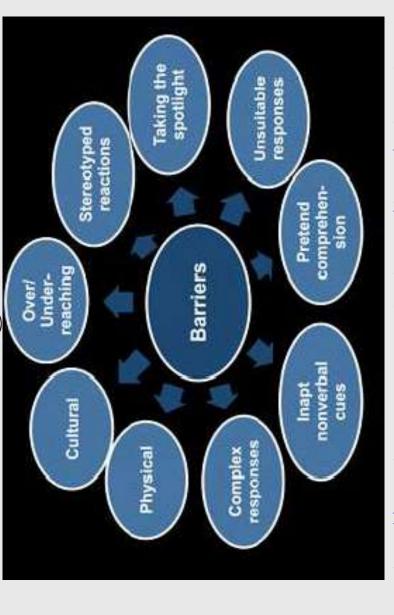


# Some pointers for pre-listening stage

- .. Make sure you have time.
- Check your posture-show you are interested and invested in the interaction.
- 3. Check your breathing- are you calm?
- Be aware of pain ignoring this can affect your reception of msg.
- Is the setting conducive?
- Assign tasks if in a group listen for specific segments
- . Identify mental barriers.
- 8. Be prepared to take notes.



## Barriers to listening



http://www.free-management-ebooks.com/faqcm/active-01.htm

#### $\equiv$

# 4 Barriers to listening - from a different angle

#### 1. Noise

- a) Physical- can be environment, people ...
- b) Psychological- inner mental chatter, attraction to speaker
- c) Physiological- feeling hungry, cold, warm...
- d)Semantic- unclear of speaker's word choice, language

# 4 Barriers to listening - from a different angle

### 2. Attention span

As a speaker you need to be aware of this. So include pauses, movements, use vocal variety and visuals to enhance your presentation. More importantly, ensure your content is relevant, interesting and important to your audience.

#### 13

# 4 Barriers to listening - from a different angle

As a listener, check if this is preventing you from receiving the 3. Receiver Bias – with the speaker, the topic, your opinions message.

As a speaker, ensure that you have done a thorough audience analysis.

A good leader is more receptive to new ideas/opinions.

# 4 Barriers to listening - from a different angle

4. Listening or receiver apprehension

- Fear that you may not be able to understand/can't cope with content.

- The more an audience is apprehensive, the higher their apprehension. As a speaker, if you are aware of this, you would take efforts to simplify, and make your content more relatable.

# 4 orientations/types of listening

• Focus is more on the speaker than the msg

#### Action

People

• "Just tell me what I need to do."

Not interested in details, evidence, explanation

#### Content

• Interested in msg- is it relevant? Important? Accurate?

#### Time

• Impatient, can be rude, may have short attention span, might have limited commitments in the context

Get to the point

7

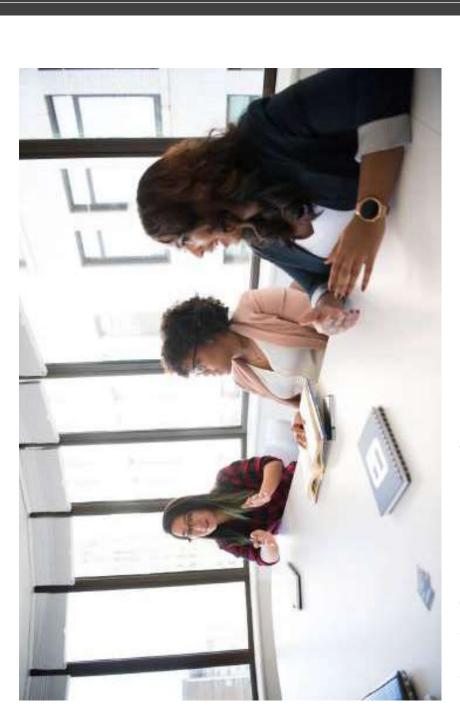
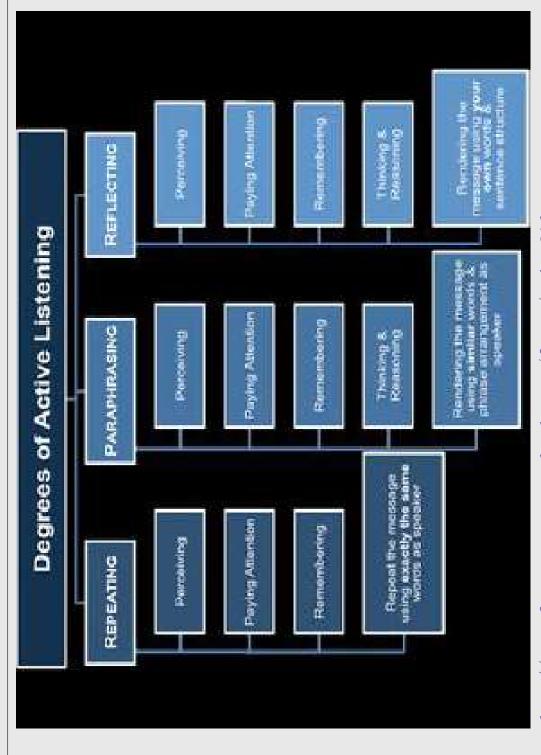


Photo by Christina Morillo from Pexels

How can you practice effective listening skills?



http://www.free-management-ebooks.com/faqcm/active-01.htm

## Active Listening skills

Beebe, Beebe, and IvyBeebe, S.A., Beebe, S.J., & Ivy, D.K. (2007). *Communication: Principles for a lifetime* (3<sup>rd</sup> ed.). Boston: Pearson.

"social decentering"

Waldeck, Kearney, and PlaxWaldeck, J. H., Kearney, P., & Plax, T. (2013). Business & professional communication in a digital age. Boston: Wadsworth.

### "sender-receiver reciprocity"

Watch the video to find out more on 5 ways to listen better by Julian Treasure

https://www.ted.com/talks/julian\_treasure\_5\_ways\_to\_listen\_better?utm\_campaign=tedspread&utm\_med

ium=referral&utm\_source=tedcomshare

## Dos and Don'ts of Listening

#### Dos

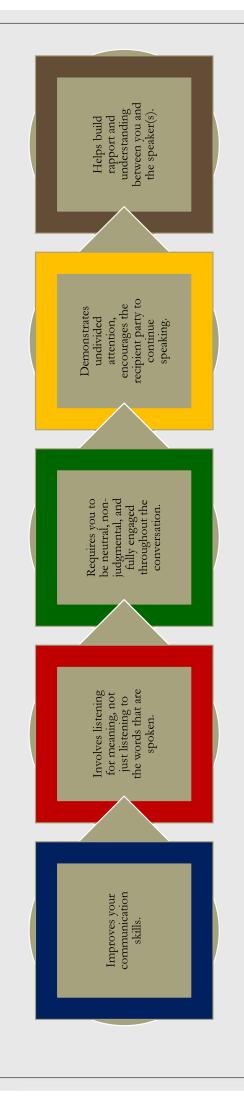
- Know the purpose, the speaker, the context
- Listen for main ideas and sum mentally or jot it down occasionally. Differentiate main points from opinions, supplementary points
- Prompt, ask interactive qus, comment- when applicable
- Listen with your EYES- look for non-verbal cues
- Show interest, that you are there
- Be judicious with interruptions
- Paraphrase if needed
- Allow silence

#### Don'ts

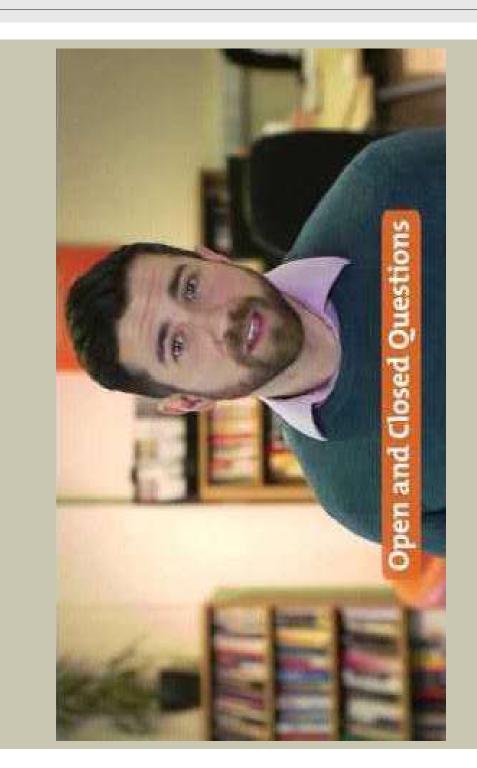
- Allow listening to be a one-way road/ dead end/ no reactions
- o Let others' listening behaviors influence yours
- Give rude remarks, put down, interrupt excessively
- Pose counterfeit qus or hostile statements that are masked as qus.
- Allow speaker's tone/disposition to influence your interpretation or reaction of the msg
- Express your interpretation excessively

Be aware that displaying these show LOW levels of EI and SA

# Active Listening in a nutshell.



### QUESTIONING SKILLS



https://www.youtube.com/watch?v=ImfU12epYcI

- Watch the video

- Do you use other types of questions?

## 8 Types of Questioning Skills

- Closed Y/N response
- . Open
- Leading or Loaded influence people's thinking or want to draw out a certain answer from someone

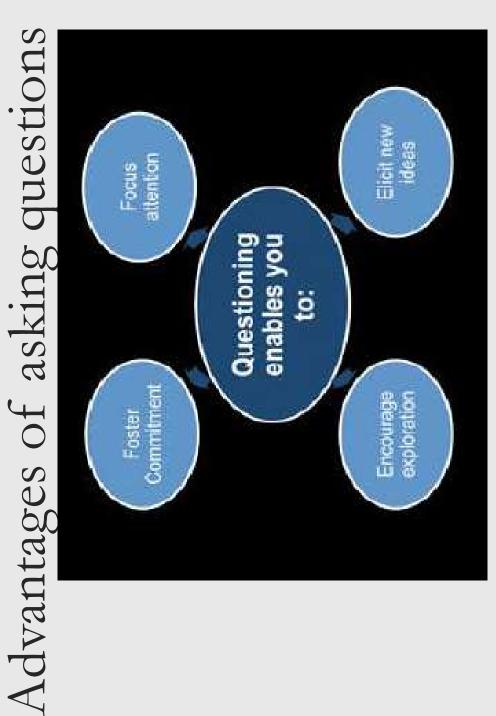
Do you think it would have been better to...?

Should we have signed up for the course?

- Probing- uncover details
- . Recall and processed

You said we misunderstood you. Why did you say that?

- . Funnell general to precise
- . Rhetorical
- . Paraphrase



http://www.free-management-ebooks.com/faqem/active-01.htm

### Being assertive

rights and that of others and being respectful in Being assertive means being self-aware of your articulating your thoughts to others.

Assertiveness is present where there is high selfawareness- for self AND others, EI, self-worth, listening skills, good questioning skills...

## Other ways to be more assertive?

Practice, practice, practice

Be courageous

Responsible

Confident

Clear communication skills

Fair and just

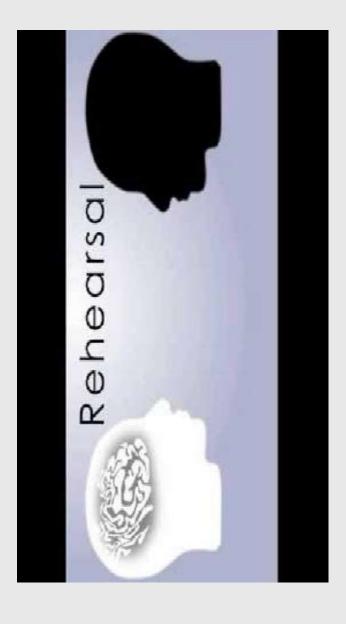
Accept mistakes/differences

Grateful

Broad-minded/growth mindset- there's always something new to learn

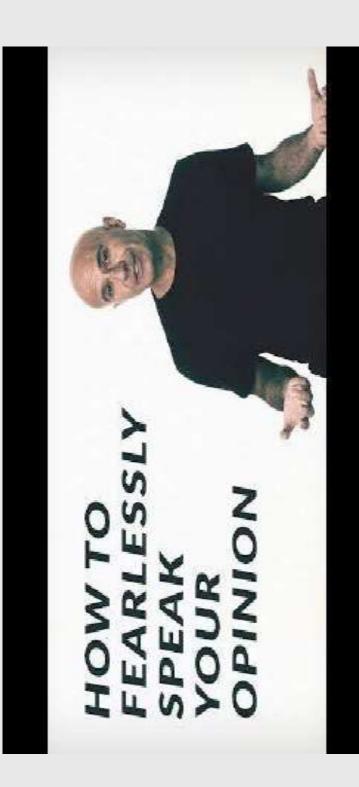
Any others?

### Watch this video on how to be assertive in 3 steps



https://youtu.be/ubSL1tFmgDc

voice. Watch this video by Robin Sharma. Related to being assertive is finding your



https://www.youtube.com/watch?v=9v107

4hD\_i8

