Demonstration Speech Brief Outline Bryn Loftness

**Sources;**

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1. Why is Active Listening and Showing you care important
   1. Art of public speaking defines listening as paying close attention to, and making sense of, what we hear
   2. We want to Build healthy relationships
   3. We need to Learn and grow as a friend and intellectual
2. Demonstrate Active Listening
   1. Active listening is defined as “giving undivided attention to speaker in a genuine effort to understand the speakers point of view”
3. Use non-verbal communication
   1. SLANT
      1. S – sit up
      2. L – listen
      3. A – ask questions
      4. N – nod
      5. T – take notes
   2. Use encouraging words to show understanding
   3. Repeat or paraphrase to show understanding
      1. Pick out 1 or 2 key points/questions to remember to bring up later
4. Improve your conversations
   1. Be mindful of why you aren’t interested in listening
      1. Potential Reasons :
         1. You might not understand the topic well
         2. you might not feel like your views are being heard
         3. You may just have no interest in the topic
         4. the person talking thinks they know best and only wants to hear their own perspective
      2. Skills warns that : “Constantly playing the role of an active listener when you are actually a disinterested listener isn’t fulfilling and doesn’t lay the groundwork for good conversations or satisfying relationships”