

LISTEN DIFFERENTLY

1 LISTEN FOR FACTS AND INFORMATION

Tune into what facts and information someone is sharing with you. Note down what you are being told - taking it at face value only

2 LISTEN TO ANALYSE

Think about what the person is saying. Consider if you agree or disagree. What are the implications of what you are being told? If you were going to be helpfully critical of their views how would you express that?

3 LISTEN FOR EMOTION/FEELINGS

Tune out completely from the facts and information or what you personally think or feel about the implications. What body language, volume and tone are they using? What might that suggest they are feeling about the situation they are describing?

4 LISTEN INTUITIVELY

Now don't listen for facts, to criticise or for feelings. Simply tune into to your intuition as someone is speaking. What are they not saying? What is the underlying message they are giving you or others?

PARTING SHOT

Which mode of listening feels most natural? How could you practise the one that feels least natural?