



POWER OF ACTIVE LISTENING

Student Handout

DEFINITION OF ACTIVE LISTENING

ACTIVE LISTENING involves attentively seeking to understand a speaker's message, rather than passively hearing the words that a speaker says.

ACTIVE LISTENERS provide verbal and nonverbal feedback to show their sincere investment in what the speaker is sharing.

ACTIVE LISTENING can help to build trust within a conversation, thereby allowing the speaker to communicate more easily, openly and honestly.

REFLECTION QUOTE: LISTENING AS SURRENDER

Listening...involves a certain surrender, a willingness to sit with what one does not already know...Listening requires us to stretch a little beyond what we know, expect or want.

- Diana Senechal