

## **Active listening**

A communication technique used in counseling, training and conflict resolution. .



Image: <https://pixabay.com/en/ape-listen-say-talk-see-art-moon-2655591/>

*“The biggest communication problem is we do not listen to understand. We listen to reply.” Stephen R. Covey*

**Tag:** communication, self

### **Challenge:**

Distracted listeners, half listening, half thinking, judging or arguing. lack of focus and negative body language.

### **Solution:**

Fully focus, favor right ear, avoid interrupting, set aside judgement, provide feedback, see the other. Look at the non-verbal communication, pay attention to the body language, pause to collect your thoughts. agree to disagree

### **Reference:**

<https://www.helpguide.org/articles/relationships-communication/effective-communication.htm>

[https://en.wikipedia.org/wiki/Active\\_listening](https://en.wikipedia.org/wiki/Active_listening)

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