Better Listener Skills

1. ![Description: C:\Documents and Settings\Siobhan Powers\Local Settings\Temporary Internet Files\Content.IE5\2KC2KTWG\MC900078738[1].wmf]() Really want to listen
2. Listen to understand
3. Stop talking
4. Concentrate on what the other person is saying
5. React appropriately
6. Make eye contact
7. Don’t have mental arguments about what the person is saying
8. Don’t judge!!!
9. Ask questions

Developed by the Life Space Intervention Institute