The Management Discipline of

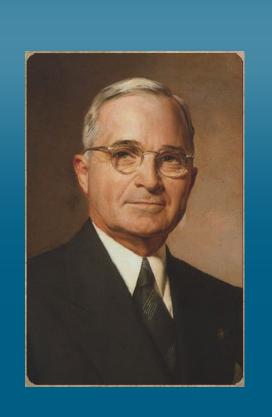
### Listening



Listening to Others

Getting Others to Listen to You





"The only things worth learning are the things you learn after you know it all."

-Harry Truman



# Listening Is a

Learned Skill

Listening
Is an

Active,

Not a Passive Process

#### The Problem with Poor Listening Skills:



- Sends a message of non interest and disrespect
- Allows problems to be missed
- Can lead to false sense of security
- Increases stress, tension and anger by bottling up feelings
- Conveys a message of self centeredness

## The Benefits of Good Listening Skills: • Sends a message of interest and respect Allows problems and cues to be uncovered Reduces/eliminates stress and anger Conveys a message of other-centeredness and confidence



Level 3: Listening in Spurts

Level 2: Hearing but not Listening

Level 1: Empathic, Active Listening

## **Elements of Level 3 Listening:** Tune in and out More interested in talking than letting someone speak Easily distracted Speaker can usually tell they don't have your attention

# Elements of Level 2 Listening: • Appears you are listening

- Stays at the surface
- Hears but does not fully understand
- Speaker has a false sense you are understanding

#### **Elements of Level 1 Listening:** Refrain from judgment See things from speaker's point of view Be aware and present in the moment; focus Attention to total communication - (words, body language, feelings) Verbal and non-verbal signs sent back to speaker Hold your rebuttal Care about what is being said Active not passive

#### Active Listening

Restatement of the text using other words

"What I'm hearing you say is..."



#### **No You Statements**



## Are you listening (really listening) to your employees? Get rid of distractions **Focus** Look for Non-Verbal Cues Control your reactions Ask open ended questions Validate and Verify

# Empathy VS Sympathy

#### Problem Detection

Uncovering problems, issues and negative feelings

# Encountering Problems Two Routes





#### Dodging



Avoid Ignore Justify

#### Detection



Focus
Dig up
More details
Spot light

### Accurate Feedback

as part of the

**Listening Process** 

## **Getting Others to Listen to You!** Know what you want to say Know as much about the listener as possible Be aware of your non verbal behavior Secure understanding Aid retention Encourage feedback

## The Management Discipline of Listening



Listening to Others

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