

Listen. It Will Improve Your Life!
Are You Listening, Or Did You Just Hear Me?

How would improving your listening impact your work life?
What effect would increasing listening skills have on your relationships?
How do you feel when someone listens intently and understands you?

Session Objectives:

- Analyze barriers and challenges to listening
- Assess your own listening skills
- Learn methods to improve your attention and listening

We are all great listeners or we wouldn't have made it this far, right?

Come test your listening skills in this highly interactive session. In today's world we are bombarded with too many things to listen to and not enough time to pay attention to all of it. What are your costs of "missing" information when listening?

Learn the *Five Stages of Listening* and specifically what you can do (and teach others to do) to improve your attention and retention. We assess barriers to listening, identify distractions, and discover the nature of listening and its impact on communication effectiveness. Most importantly, you gain methods to improve listening skills at home and in the workplace.

Four types of listening are covered:

Autobiographical
Active
Reflective
Empathic

You will leave with ideas for improving your own listening, as well as knowing your biggest challenges. Watch for the positive reactions of your coworkers, family and friends as you practice your new skills!

This seminar is full of activities, so be ready to join in some fun!

Jennifer Rousseau Sedlock