

Listening Techniques: Session 1

Active Listening (Listening for meaning):

* Using Minimal encouragers- small signals or words that let the speaker know you are listening
* Using open body language- makes the speaker feel more comfortable
* Paraphrasing- putting what the speaker says into your own words
* Summarizing- in a sentence or two, what the speaker has been talking about
* Mirroring- adopting aspects of the speaker’s voice tone, body language, and language
* Reflecting- picking up on speaker’s feelings or moods and feeding your perception back to them
* Using Silence- allows time to think and process

