

IMPLEMENTING WHAT YOU LEARNED: THE MULTIPLE LEVELS OF LISTENING



1. Which level of listening comes naturally for you?
2. Which level is most tricky for you to adapt to?
3. Choose a level per day to practice listening from and keep a journal of your findings. What do you notice?
4. After several weeks of practice, list three to five things available to you and those you lead from incorporating these levels of listening.
5. What is the difference between using your intuition and forming an opinion or assumption?
6. Suspending what you already know about someone, practice listening with curiosity, a beginner's mind. How does this change your interaction?