

Improve Your Communication Skills IN LIFE + BUSINESS

Levels of Listening

Level -1 - I am not listening to you at all. I am talking.

Level 0 - I am barely listening, merely waiting for you to stop talking so that I can speak my opinions.

Level 1 - I am intent on what you are saying but I am listening through the filter of my own feelings, judgements and charges.

Level 2 - I am unattached, empathetic and "over there" with you in a place of curiosity.

Level 3 - I am at Level 2, PLUS reading all that is not being said by you: Your voice, facial expressions, etc. I am using my intuition.

Level 4 - I am creating at Level 3 impact in those around me (leadership).

** Repeating back what is said accelerates Level 3 listening skill. It validates whether you heard them correctly (or not - then can request correction) and demonstrates they have been heard.

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