



monthly culture conversation

BE
EXTRAORDINARY
TOGETHER.

Levels of Listening



How much time do you spend listening to understand who you are with versus listening to your own thinking?

Listening to Understand

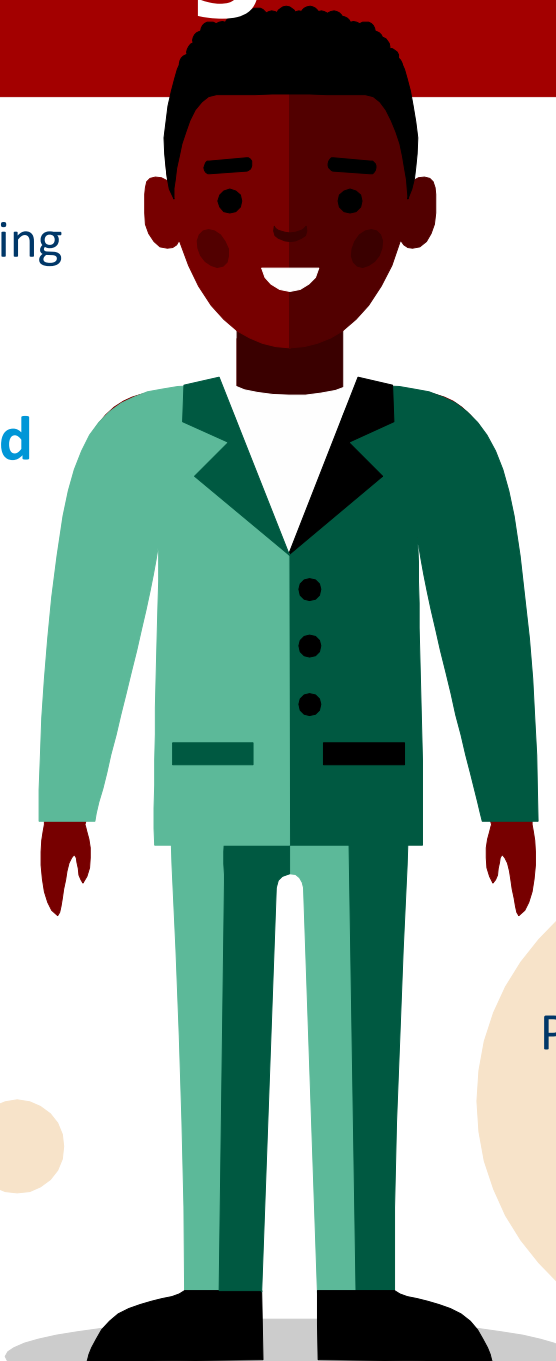
- Entire Message
- Beyond the Words

For Application

To Agree

To Tell My Story

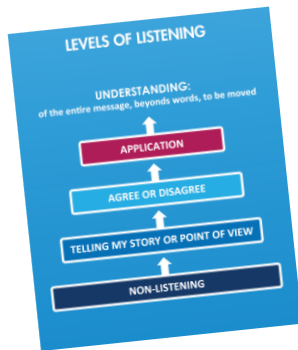
Not Listening



Practice listening to understand the people you are with.

Levels of Listening Assignment

understand the concept



Listening can be anything from paying attention to the facts and words of the speaker, to seeking a deeper understanding of what the speaker is trying to share with us—the “message beyond the words.” No matter how good a listener we think we are, we can still be told that others don’t feel heard when we are listening to them. The problem is usually not with our hearing but with our listening.

when our mind is busy with our own thoughts. When we are Being Here Now, with a clear mind and patience, we can hear beyond the words and get a sense of how they feel. In turn, the speaker feels heard because we are listening to them rather than our own thoughts. When our mind is busy, we are preoccupied with our own thoughts, instead of listening to others.

There is a difference between listening to someone when we are Being Here Now and

reflect



- ***What does it feel like when someone listens to you while they are distracted and have a busy mind versus when they are undistracted?***
- ***How can listening for understanding help build relationships at work and at home?***

practice

- **BEING MORE PRESENT AND LESS DISTRACTED WHEN LISTENING TO PEOPLE.**
- **SEE IF YOU CAN REALLY CONNECT BY LISTENING BEYOND THE WORDS TO KNOW HOW THEY FEEL ABOUT WHAT THEY ARE SAYING. NOTICE WHAT IT FEELS LIKE WHEN YOUR MIND SPEEDS UP AND FEELS BUSY.**