

With whom do you connect?

Comment in Chat box!



# Active Listening



- Why?
- How?
- Practice...



# How do I do Active Listening?

## Sensing

All about attention and focus

## Processing

Stay receptive and keep track of content

## Responding

Acknowledge, paraphrase and ask questions



# Five Levels: Quality Listening

1. Listening to yourself
2. Listening for contenu

# Practicing Active Listening:

Yes, And exercise...

Speaker #1

- γ Say a sentence to your partner.

Speaker #2

- γ Your sentence must begin with the last word of your partner's sentence.  
Continue a conversation for one minute.

Example:

Speaker 1: No matter what I do, I always fail my math tests.

Speaker 2: Tests – I've never been good at them.



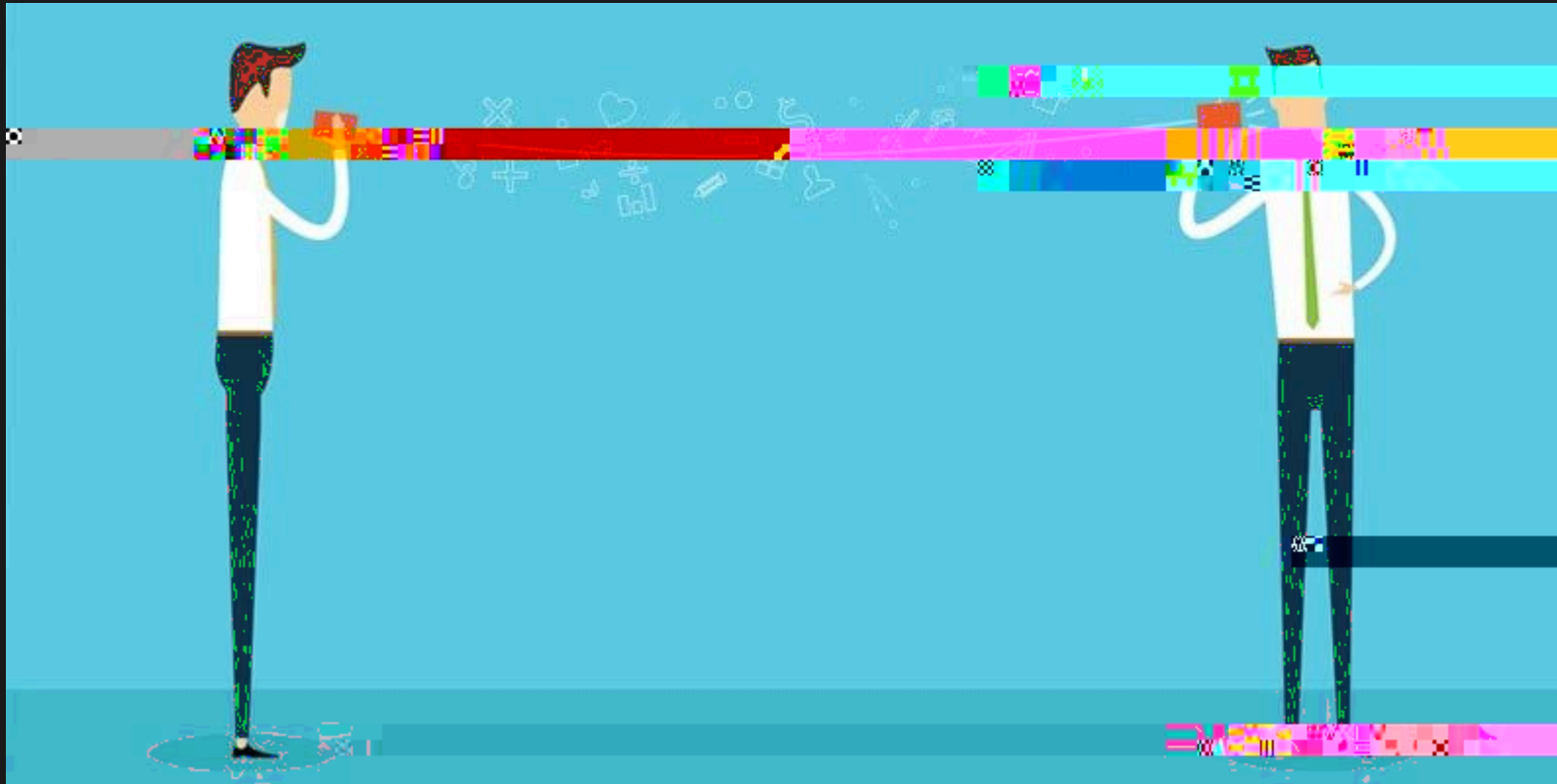
# What did you notice?

What did it feel like as the first speaker? The second speaker?

What was the impact of having to use the last word?

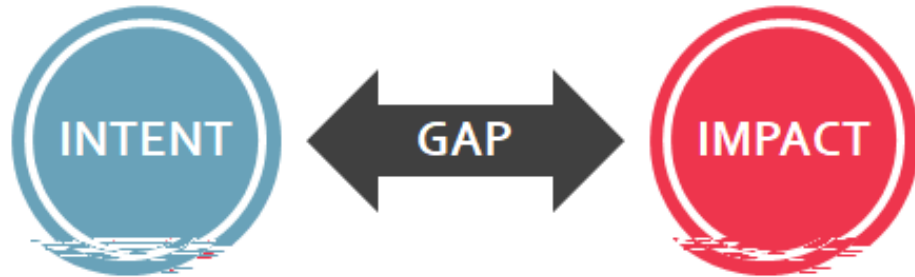
What worked well? What didn't work?

# Using Active Listening for Reciprocal Communication



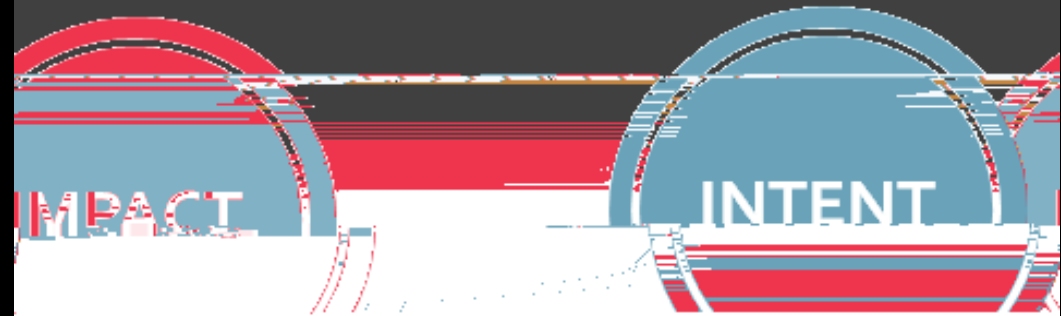
# Intent Impact Model

## INTENT IMPACT MODEL

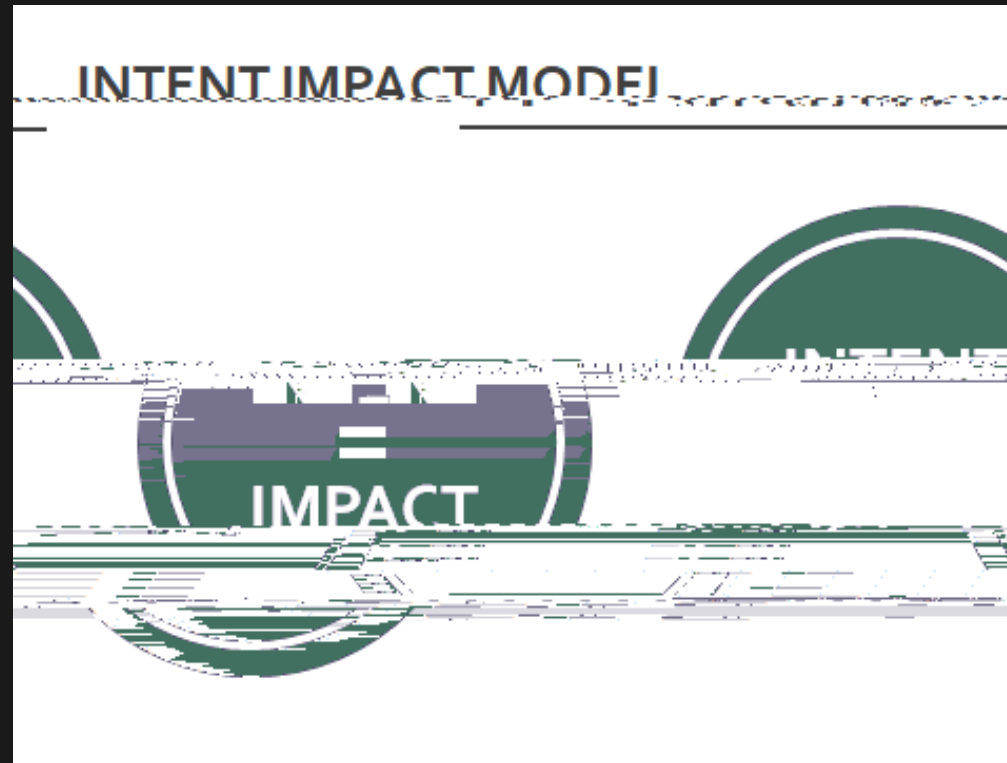


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## INTENT IMPACT MODEL



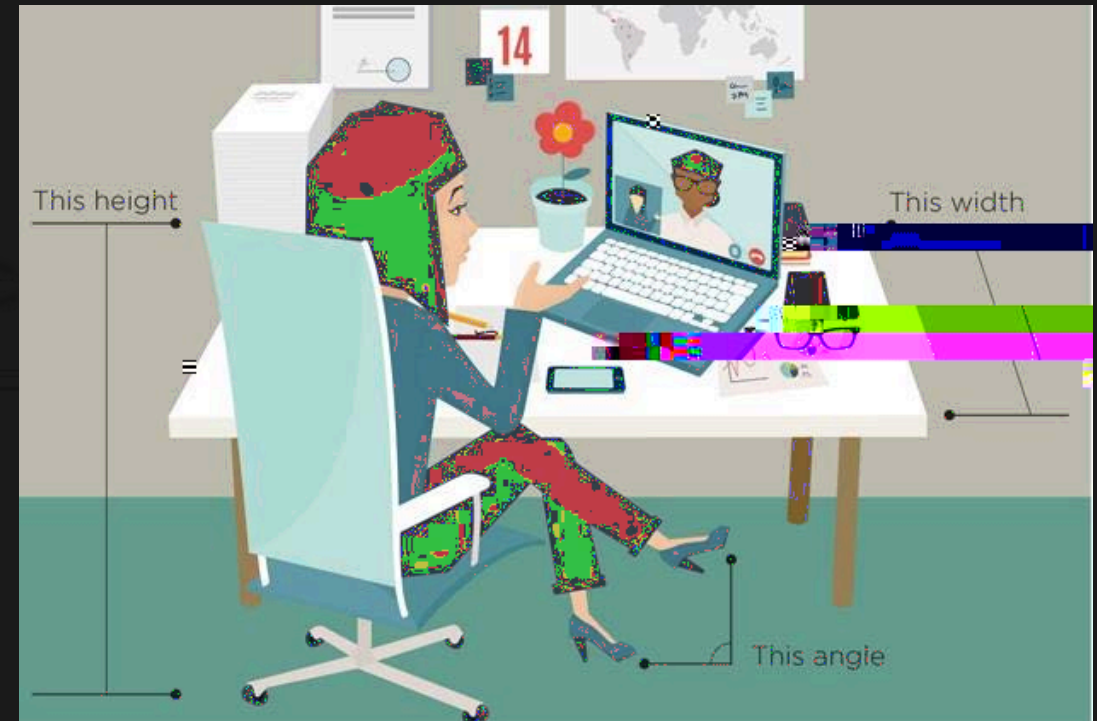
# Intent Impact Model





# Creating Space to Connect

Communicate parameters  
Create an effective workspace  
Minimize distractions  
Set up technology



# To Sum It All Up...

Use active listening to strengthen connections

- Sensing
- Processing
- Responding

Over communicate expectations

Create effective environment for reciprocal communication

What is one strategy you will  
use this week to improve  
connection?  
Comment in Chat box!



## More To Know...

*Col Framework | Col.* (n.d.). Retrieved April 1, 2020, from <https://coi.athabascau.ca/coi-model/>

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