

The Art Of Listening

How To Really Listen & Not Just Hear

Pay Attention

Make eye contact as a sign that you care about what they say

Show That You Understand

It can be by nodding, or saying yes, mhm, aha, or okay

Give Feedback

Respond to them by asking or expressing your thoughts

Don't Judge

It's important to be open-minded and save your negative thoughts

Give The Right Gesture

Non-verbal communication shows your true intention

Just Listen

Sometimes it is best to just be there and listen. No comment, no judgment!