



Open Line

Guest,

Welcome to:

Listening Is More Powerful Than Speaking: Turning Your Ears Into Powerful Tools To Impact The Actions Of Others

Presented by Lighthouse Consulting Services, LLC

To print program slides, click here:



Featured Guest: Tom Drucker Consultant In Corporate Innovation

Phone: 310-306-2066

Email: tom@corporateinnovation.com Website: www.corporateinnovation.com Host:

Dana Borowka, MA CEO, Lighthouse Consulting Services, LLC **Author of** Cracking The Personality Code

Phone: (310) 453-6556, ext. 403 Email: dana@lighthouseconsulting.com Book: www.crackingthepersonalitycode.com



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The Purpose of Our Dialogue Today

- Enhance your capability to use listening to impact relationships and results
- Remind you of some fundamental and universal ideas about listening
- Suggest a new method of listening for you to use in your professional and personal life



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Listening Fundamentals

- Language is a constant presence in our lives
 - We receive thousands and thousands of verbal and nonverbal messages from others every day
 - We also "talk to ourselves" constantly
 - Our conscious and unconscious mind automatically filters and shapes this stream of data into our experience which we call "reality"



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Listening Fundamentals (cont.)

- Everyone's perception is their reality
 - This condition creates many opportunities for biases



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Listening Is An Automatic Filtering Process (cont.)

- It's sometimes tough for a new idea to get through our automatic filters (Experts call this a narrative rut)
- However this automatic filtering process can be impacted by our awareness and intentions
 - Lets practice this now...



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Notice How You Can Switch Between 'Seeing' The Young And The Old Woman





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Notice How You Can Switch Between 'Seeing' The Young And The Old Woman (cont.)



• What capacity are you using to switch between seeing each image?



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Notice How You Can Switch Between 'Seeing' The Young And The Old Woman (cont.)



• How can you strengthen this capacity in yourself?



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Notice How You Can Switch Between 'Seeing' The Young And The Old Woman (cont.)



• Shifting from "automatic" to 'intentional' listening uses the same 'muscle' as shifting between seeing the young and old woman



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Active Listening

- Most of us know that active listening refers to letting the other person know you've heard what they said by repeating their main points
 - A useful communication method
 - Effective in some circumstances
 - Often transparent or obvious when used as a technique
- Other modes of listening are available to you



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How Intentional Listening Can Impact Relationships and Results

- Beyond the technique of actively listening, we have the ability to recreate another person's experience so they feel truly understood and appreciated
 - Listening this deeply allows you to inhabit their point of view, imagine how and what they feel and to 'see the world' from their perspective



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How Intentional Listening Can Impact Relationships and Results (cont.)

• Listening and then speaking to recreate another person's experience does not imply you have agreed with them or abandoned your point of view



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Listening Generously

- Listening beyond your own points of view, bias, beliefs and judgments
- Listening to both the words and the emotions
- Listening and then communicating to the other person your experience of them and their 'reality'
- Intentionally listening generously for what the other person's ideas or point of view may stimulate you to consider
- This is listening for possibilities and opportunities for action that can arise from a dialogue



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Impacting Relationships

- Intentionally listening generously gives you the opportunity to create a unique bond with another person
 - This experience of empathy can reduce feelings of isolation and set the stage for resolving conflicts or disputes and stimulate creativity
 - In both personal and professional relationships, intentionally Entering Another's Reality demonstrates your intellectual and emotional flexibility



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Conclusions

- Becoming aware of our automatic listening patterns is an important step in learning to intentionally listen to others (and ourselves)
- Listening generously is a gift to give others as well as a skill to develop



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Conclusions

- This type of intentional listening can change your relationships
 - Beyond an experience of empathy, a bond is created that strengthens your relationship and allows for creative and collaborative actions



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