

Listening to discover

Ways of strengthen this type of listening:

1. Put your own inner voice on pause for the time being.
2. Keep your eyes and attention focused on the speaker.
3. Pay attention to the speaker's posture, gestures, tone, pitch, pace, volume, emphases. Concentrate on noticing them at this stage. Don't interpret them yet.
4. Breathe slowly and deeply while you listen. It helps to quieten the mind and improve the hearing.
5. Notice anything that strikes you as new, unexpected or surprising.
6. Jot down a quick written note of keywords or phrases that you hear, so you can come back and either think about or ask about them later. For the time being, do not interrupt the speaker's flow.
7. When you do ask questions, encourage the speaker to elaborate or clarify.