

EMPOWERED CONNECTIONS PART 8
ACTIVE LISTENING GUIDE
BEST PRACTICES FOR PROFESSIONALS

With Louise Anne Maurice

Social Intelligence – People Skills

1

Self Awareness

2

Social Self-Efficacy

3

Knowledge of Social Roles, Rules, and Scripts

4

Verbal Fluency and Conversational Skills

5

Active Listening Skills

6

Understanding What Triggers People

7

Emotional Intelligence

8

Impression Management Skills

WATCH THE VIDEO FROM START TO FINISH TO TAKE NOTES AND THEN APPLY THE COACHING QUESTIONS

- WHAT IS ACTIVE LISTENING
- THE ACTIVE LISTENING MISTAKE MOST PROFESSIONALS MAKE
- 3 PROBLEMS THAT THIS ACTIVE LISTENING MISTAKE CREATES
- 3 PART ACTIVE LISTENING SOLUTIONS MAPPED OUT
- COACHING QUESTIONS TO USE

CONVERSATION STARTERS

FOR COACHES AND CONSULTANTS



WHAT IS ACTIVE LISTENING?

Dictionary

 

ac·tive

/ˈaktɪv/

See definitions in:

- All
- Electronics
- Geology
- Medicine
- Grammar

adjective

- engaging or ready to engage in physically energetic pursuits.
"I needed to change my lifestyle and become more active"

Similar: [mobile](#) [energetic](#) [agile](#) [sporty](#) [nimble](#) [vigorous](#) [vital](#) 

- pursuing an occupation or activity at a particular place or in a particular way.
"the artist was active in the 1920s"

noun **GRAMMAR**

an active form of a verb.

THE ACTIVE LISTENING MISTAKE MOST PROFESSIONALS MAKE

GET READY TO ENGAGE....



IMAGINE THIS....

WHAT IS THE RESULT?

THE 3 PART PROBLEM THAT THIS ACTIVE LISTENING MISTAKE CREATES

PROBLEM #1 - STOP THEM FROM TALKING



PROBLEM #2 – OVER THE TOP NEEDINESS



PROBLEM #3 – THINKING OF WHAT THEY THINK



3 PART PROBLEM “STOP OVER THINKING” CAUSES...



WHAT IS THE RESULT?

SOLUTION: 3 PART ACTIVE LISTENING GUIDE

SOLUTION #1 - WATCH THEIR ACTIVE EMOTIONS

SOLUTION #1 – WHAT DOES THIS LOOK LIKE?



SOLUTION #1 – WHAT DOES THIS LOOK LIKE?



SOLUTION #2 – LISTEN ACTIVELY TO THE LANGUAGE

ACTIVELY LISTEN FOR CONGRUENCY BETWEEN THEIR EMOTIONS AND THEIR LANGUAGE

SOLUTION #2 – WHAT DOES THAT SOUND LIKE?

SOLUTION #3: LEARN MORE ABOUT THEM



SOLUTION #3: WHAT DOES THAT LOOK LIKE?



SOLUTION #3: WHAT DOES THAT LOOK LIKE?



SOLUTION #3: WHAT DOES THAT FEEL LIKE?



SOLUTION #3: WHAT DOES THAT FEEL LIKE?



RECAP SOLUTION: 3 PART ACTIVE LISTENING GUIDE

ACTIVE LISTENING COACHING QUESTIONS

- Recall conversations you have had in the past 24 hours.
- How many times were you interrupted? Did you get to complete your thoughts? How did that make you feel?
- How many times did you interrupt someone? Did you allow the other person to complete their thoughts or share what they needed to share?
- This week apply the 3 part active listening process to enjoy more engaging conversations.
- At the end of the week, reflect on your progress.

Home

Free

Courses

Books

Reviews

About

Learn with Louise

LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

Empowerment Expert

LOUISE ANNE MAURICE

In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training