

LISTENING THAT LANDS

How to build presence through active listening

Strong communicators don't just speak with clarity; they listen with intention. If your attention starts to waver, active listening can bring it back in an instant.

GREAT LISTENING = ATTENTION + INTENTION + REFLECTION

It's not about being silent. It's about tuning in and responding with presence.

Reflection Prompt

After your next conversation, ask yourself: "Did I listen to understand... or just to reply?"

3 HABITS TO PRACTICE

01 Slow Your Inner Monologue

Don't plan your next line. Stay with what's being said.

02 Mirror Key Phrases

Reflect back a word or phrase to show you're tracking.
Example: "So it's more about timing than budget?"

03 Pause Before You Respond

That moment of silence signals thoughtfulness and clarity.

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