

Active Listening

Looks like



Sounds like



Feels like



- Teamwork
- One person speaking at a time
- Looking at the speaker
- Eye contact
- Nodding
- Straight backs, shoulders back
- Hands on desk
- Bottom glued to chair

- One idea shared at a time
- Talking back and forth
- Questions being asked
- People discussing what is right or wrong
- People building off of one another's ideas
- "Uh huh"
- "Yes, I understand"
- "Can you explain that in another way?"
- "Can you repeat what you just said?"

- You are being heard
- An interesting discussion
- Safe space for challenging one another's ideas
- Proud
- Feels awake