

Listening and Asking

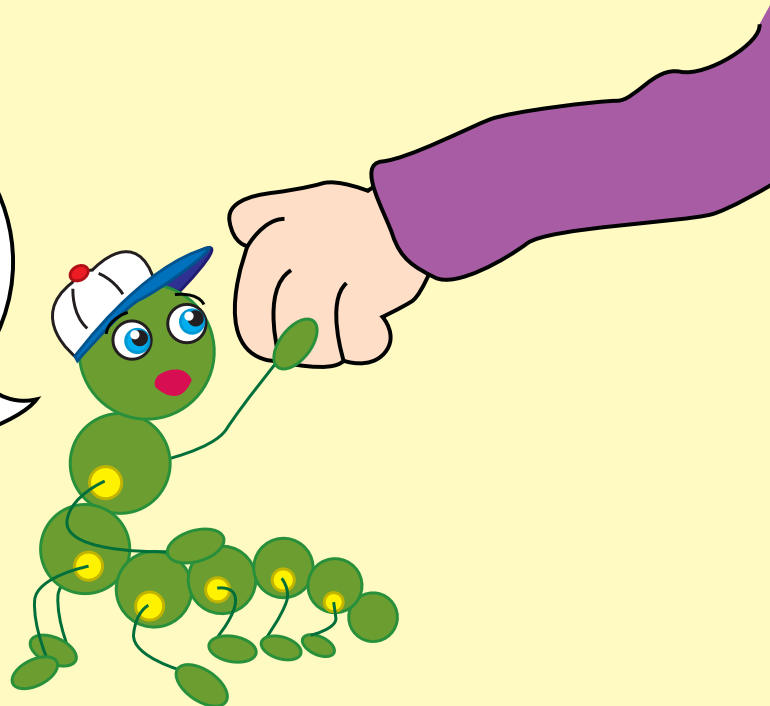
Listening quite literally calms the brain. If we connect through listening to another human being their brain releases endorphins that calm and increase the capacity of the brain to function. This is why listening and asking open questions has become so important in so many area of working with people, not least of all conflict resolution.

There is a saying that we should listen until we know what it is like to walk a mile in the other person's moccasins.

The term for this kind of listening is Active Listening. As the term suggests, listening like this require a lot of energy and our full concentration.

It can take quite a lot of practise to stop yourself making suggestions or telling a story of how something similar happened to you but, if you can do it, it can be like magic.

The effect of really listening to someone else can make such a difference.



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