

We only remember
17-25%
of what we've heard

Listening Skills

55% of our daily
life is spent listening!



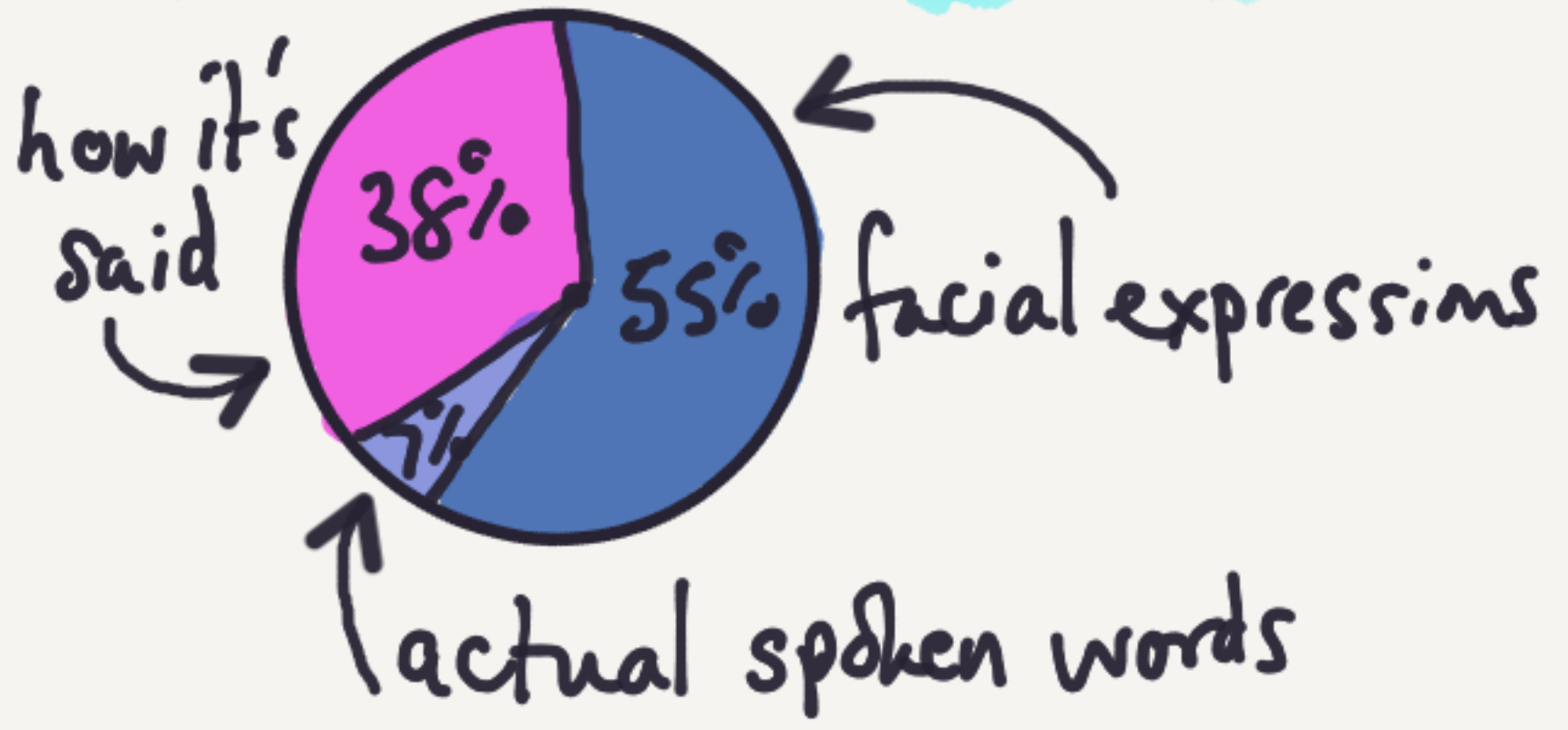
We listen at 125-250 words
per minute
We think at 1000-3000 words
per minute

What is effective listening?

- 1 Attending to non-verbal behaviours
- 2 Asking questions ???
- 3 Reflecting feelings 😊 😞
- 4 Paraphrasing
- 5 Summarizing



How do we find meaning?



Less than
2%
of people have
any formal
listening
training

