Why is It Essential for Us to Adapt Active Listening and How Does it Help!! by Stuart Owens

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There are several attributes that contribute to a skill of a person. However, one of the key factors that help us to grow is listening. While we have many people who donâ€™t even have the capability of hearing, they are still very talented and have walked through miles in their career. However, there is still an argument that states, if these people would have had the capacity to hear, their growth would have been much faster and easier for them. On the other hand can hear properly, yet donâ€™t listen to many things. Here might get a question as what is the difference between listening and hearing. Hearing is nothing but we are able to sense and reciprocate to the sounds around us and do not involve much concentration. While listening requires a little bit of alertness, other words it can be said we would also require presence of mind. Hence, active listening contributes to knowing what is around you as well. This attribute can be found in many leaders today. This is because active listening always helps us to communicate with people very easily.

Clear listening is very important, has to be cultivated at your work place. Today, there are plenty of case studies that are being undertaken by many researches. Some of the studies have declared about our capability of listening. Through some of these studies or most of us are aware that we speak to a person, not all the conversation is remembered by us. Most of the time we are able to remember only twenty five to fifty percent what we talk. This ability can be tested in through various methods. Say we are travelling to a place for the first time. Not knowing the way we stop and ask the person for the route. For the first time we are able to capture only the first few directions. For example there are about ten directions we need to take. Most often we can remember only the first five but not all. However, a person with a good listening will be able to remember all the ten directions once told. Now if we compare we know a person with good listening is far more skillful than others. If we are working in a professional atmosphere effective listening helps you capture information very quickly. These kinds of quick responses are always appreciated by our managers and even our colleague.

As mentioned earlier, there are plenty of opportunities and methods for us to make our listening very effectively. This involves simple techniques and a little bit of practiced can helps us improve our listening to a very large extent. Some of these can even be practiced at home. At first we need to understand why we need to give importance to clear listening. It is very simple; we need to listen so that we understand what people say. Secondly we need to understand so that we can enjoy what is said. We can also obtain the maximum information that can benefit us and this can help us learn as well. We have many other reasons like this and we can go on and on. One of the simplest ways to remember what is said to us is to repeat what people say to us in our minds. This practice can reinforce messages of what is said and this could help us stay focused. When we look at all the above things mentioned, we can always say that active listening requires presence mind and focus. Another simple method to keep the conversation on is to acknowledge. This can also contribute to effective listening. Today, we can search for numerous tips with the help of internet such as ATT Uverse Internet.

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