



ethiSkills Highlight

This month ethiKids is suggesting we all try to develop our communication skills by listening more carefully to what people are saying. Too often we are distracted thinking about what WE want to say and we miss the message coming from the other person.

Here are a few ideas:

- If you find you are only half-listening, stop what you are doing, turn to the person and say, “I’m sorry. I was distracted. Can you start again please?” Not only will the other person feel respected and heard, but you will get the benefit of building trust.
- When you are in a conversation, if the other person stops speaking for a minute, rather than jumping in with your thoughts, ask them a follow-on question. Really try to understand not only what they are telling you - but why.
- Your body language is a good way for people to know you’re really listening. Try making good eye contact and even nodding your head a little to let them know you understand what they’re saying.



Communication



Making Choices



Self Awareness



Work It Out