

Listening Tip

Listening is exhausting!

Every day we are exposed to thousands of messages (email, texts, radio, signs, live people, ...). No one can process all that noise and information. So, don't try. Instead, make conscious choices about where to give your attention. Learn to identify listening situations. These are circumstances where you need to concentrate. For example, your client is asking a question, your boss is providing feedback, or your spouse is telling you what he/she wants for a birthday gift. No one can be a great listener every minute - 24/7. As a leader, make good decisions about when to give your undivided attention.

By Kelly Watkins, Thought Leader on Women's Global Leadership – Sharing experiences from all 7 continents to improve employee effectiveness. Do you have Executive Professionalism™? Find out: www.ExecutiveProfessionalism.com

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