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Discussion

Within Covey’s scale of listening I would score myself as 5 (empathetic listening). This is because I always try to listen within other frame of reference. This listening is focused on only listening others but also to understand the meaning. I am fully attentive during my conversation with others that allow me to interpret the message accurately. I try to get out of my frame of reference and moderate my listening attitude towards others. This can be identified as an effective listening skill.

Julian Treasure on TED Talk discusses 5 ways to listen better. I think by adopting these five ways I could improve my listening and avoid distractions. the first thing that I would do to avoid ineffective listening is by receiving the message in it original form. I would not filter the message through cultural barriers, language, values beliefs and attitudes (Treasure, 2011). I would try to interpret the message as it is and not rely on personal beliefs. I would prefer conscious listening because it creates understanding. During listening I would remain silent that would allow me to grasp the compete information. I would avoid listening in noisy environments because this would undermine my ability of receiving complete information. Another strategy for improving my listening is to bring me at the level of the speaker. This means not listening according to my own values, ideas or beliefs. It is also important to pay full attention to the speaker during the conversation. I would avoiding missing any detail of the spoken words. listening positions are equally important so I would prefer empathic listening because the purpose is to understand the meaning of the speaker. That is only possible by getting the complete information. By adopting these tactics I would manage to improve my listening.

Reference

Treasure, J. (2011). *5 ways to listen betterr*. Retrieved 12 04, 2019, from https://www.ted.com/talks/julian\_treasure\_5\_ways\_to\_listen\_better#t-59222