[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Listening Skills

 One of my office mates had been going through some seriously disturbing times of her life. I had been noticing this from many days and feeling very bad for her. One day I decided to talk to her regarding this. I offered her for lunch at a restaurant nearby and we both went out of the office building. The restaurant was not very crowded and was located in a quiet place. I ordered food and encouraged her to talk to me. At first, she hesitated but after some time, she confided all her problems in me. I came to know that she had been going through a lot of serious issues regarding her family. Her father had left her mother and their family a month back and since then, her mother had been seriously ill. Being the eldest child in the family, she had to take care of her mother as well as her younger siblings, which made her extremely exhausted, mentally and physically.

 After listening to her story, I consoled her and told her that I had gone through similar situations in my life after my father died some years back. I gave her examples from my own life and bucked her up. At the end of the discussion, she was much comforted and in a very cheerful mood.

 I feel that I demonstrated a good level of listening skills as I touched the depth of her issue (Hogan). I had myself faced similar issues in the past so I could relate to them very well and provide a very good and sound solution to the situation (Jalongo).

Works Cited

Hogan, Tiffany P., Suzanne M. Adlof, and Crystle N. Alonzo. "On the importance of listening comprehension." *International journal of speech-language pathology* 16.3 (2014): 199-207.

Jalongo, Mary Renck. "Learning to Listen, Listening to Learn: Building Essential Skills in Young Children." *National Association for the Education of Young Children* (2007).