

# Master the art of active listening!



# Eliminate potential distractions

Put your phone on silent & turn it upside down



## **Set a non-judgmental intention**

Take a second & repeat this in  
your mind "I am fully present"



## **Tune in with your body**

Face the person you're talking to.  
Make direct eye contact. Don't stare.



## Rephrase & drop the need to reply

Express what you resonate with.  
Let the words naturally come to you when it's your turn to speak.



# With **WoW**, let your team know that you 'hear' for them



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