

“Active Listening - We Can All Do It.”

Suggestions for the poster:

Choose a picture that fits your target audience. Then put Sentences in word bubbles or matted around the poster .



Face the Speaker with eye contact.

Put aside distracting thoughts.

Notice the speaker's body language.

Don't mentally prepare for a rebuttal.

Avoid being distracted by the environment.
(side conversations)

Using nonverbal cues that show understanding such as nodding, eye contact, and leaning forward.

Paraphrasing to show understanding.

Brief verbal affirmations like "I see," "I know," "Sure," "Thank you," or "I understand"

Listen without judgment or jumping to conclusions.

Don't tell them what they need to do, just listen.

Find a quiet place where you won't be interrupted.

Make sure you have plenty of time, don't rush them.

Be in the present moment.

What DO I SAY??

“I’m here to support you wherever you are at.”

“Life is so unfair.”

“What a tragedy”

“I don’t know what to say, I just want you to know I am here for you.”

“You are going through alot. Im glad you trusted me enough to talk to me.”

“Im not sure what to do, but I will go with you to call a professional that can help.”