



Listening Lens

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1. Am I holding space for the speaker to share honestly and fully?
2. Am I focused on the speaker and open to what they have to say?
3. Am I talking less and listening more?
4. Am I asking clarification questions when appropriate?
5. Am I listening all the way through without thinking of my response?
6. Am I approaching this conversation as an opportunity to learn?

Pause, Breathe, Listen

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