

# Listening Tip Sheet

6 Strategies to Deepen Presence and Connection in the Workplace  
From the practice of More Connected Humans™

## 1. Find One or Two Nuggets to Be Curious About

Instead of planning your response, look for an invitation to go deeper. Try:

“That was an interesting choice of wording—can you tell me more about that?”

This helps the speaker feel heard and encourages richer conversation.

## 2. Reflect, Don't Redirect

Before adding your thoughts, reflect back what you heard. For example:

“It sounds like you're navigating a lot...” It's not about perfect language—it's about helping someone feel seen.

## 3. Listen With Your Body

Turn toward the speaker. Put down your phone. Nod, breathe, stay open. Let your physical presence say, “You matter right now.” Make sure your facial expression is conveying openness.

## 4. Ask What's Needed

Not every story needs a solution. Try asking:

“Would it help if I just listened, or are you looking for ideas?”

This gives power back to the speaker.

## 5. Notice What's Not Being Said

Emotions leak through tone, pace, and silence. Listen for them. You might say:

“I noticed you paused there. Was something coming up for you?”

Sensitivity here can create tremendous trust.

## 6. Practice the 3-Second Pause

Before you speak, count silently to three. This allows space for the speaker to finish, and for you to respond instead of react. Silence can be respectful, not awkward.



For more lessons on listening, reach out to [Eva@MoreConnectedHumans.com](mailto:Eva@MoreConnectedHumans.com)