



How good a listener are you?

This reflective activity follows our other resources on active listening. If you haven't already, take a look at those resources first to understand more about what active listening is and how you can practise it.

Rate yourself on each of the five aspects of active listening below, where 1 is poor and 5 is excellent. Then set yourself some goals to develop your active listening skills.

Paying attention

Looking at the person while they're speaking and not looking at your phone.

/5

Showing your listening

Nodding your head and reacting with your facial expressions.

/5

Not jumping to conclusions

Not interrupting and waiting until they've finished to form an opinion.

/5

Checking you've understood

Paraphrasing what the person has said and being open to their perspective.

/5

Responding appropriately

Always responding with respect and demonstrating that you've understood them.

/5

To improve my active listening I will...

Thinking about your scores, set yourself some goals to improve your active listening.