Learn on your own

- **Assess your listening skills** to give you an idea of where to focus your learning effort.
- Learn five specific listening strategies you can implement immediately by reading this [article](#).
- Understand the six most important listening skills by listening to this [podcast](#).
- Practice your active listening skills. Start with focus and understanding to avoid incorrect assumptions. This [video](#) can help you.
- Listen and give feedback, as shown in this [video](#), to better help you hear what another is really saying. Filtering information through our own assumptions can negatively impact communication.

Learn from others

- **Assess your listening skills.** Identify a colleague or resource who will be objective and have no problem challenging you. Ask that person for an honest assessment of your listening skills. Accept any reasonable suggestions for improvement.
- Refine for your understanding of body language and other non-verbal forms of communication. Find a coach or a mentor that can help you.
- Ask your manager for feedback specific to your listening skills as part of the regular check-ins with your manager.

Learn by doing

- Keep listening a little bit longer. The next time you have a desire to say something in a meeting/conversation, don't.
- Encourage in-depth conversation by making a list of and use open-ended questions.
- Try a 30 day listening challenge! Ready to take action? Learn more by watching this Lynda.com [playlist](#).