

UAB LEARNDEVWHISPER

A Weekly Publication of Learning

5 Listening Challenges to Overcome

Do you have trouble being an active/mindful listener? We all do at times. With practice, you can overcome the five things that challenge our listening skills:

1. Distractions – inside your brain and noise around you
2. Multitasking – mental and physical
3. Delivery – body language, tone, timing, etc.
4. Information overload – not being able to identify the key points and messages
5. Inappropriate response – talking too much, framing your answer, giving advice, telling your story, criticizing, interrupting, etc.

CALL TO ACTION:

- Identify which challenge you need to practice first. Write down and post your goal.
- Find an accountability partner and meet with them weekly to see how much you have improved.
- Watch for opportunities to practice daily and take notes to share with your accountability partner.

KEEP ON LEARNING

- ▶ *Distracted? *Watch “[Getting distracted by internal noise](#)” (5m 4s)
- ▶ Learn more on “[Multitasking](#)” (3m 1s)
- ▶ Gain some insights on “[Paying attention to delivery](#)” (3m 45s)
- ▶ *Avoid “[Overwhelming yourself with information](#)” (2m 33s)
- ▶ Check out “[Responding inappropriately](#)” (5m 3s)
- ▶ Add this book to your reading list, “*I Hear You: The Surprisingly Simple Skill Behind Extraordinary Relationships*” by Michael S. Sorenson.

*Benefits-eligible UAB, VIVA Health, Callahan, UABHS and HSF employees have free access to LinkedIn Learning platform.