

# **4 Tips** for Being a **More Mindful Listener**

## **Read Between the Lines**

Anticipate what needs to be done and seek answers to assist you in completing your tasks efficiently.



## **Use Nonverbal Communication**

Use nonverbal cues like nodding to show you're paying attention to the person you're talking to.



## **Be Alert**

If you find yourself zoning out in the middle of a conversation, refocus as soon as possible.



## **Show Interest**

Once you've mastered mindful listening, practise making brief verbal comments that express your interest.

