

Coherent Listening in Practice

Purpose: Help leaders integrate coherent listening into everyday conversations.

1) One conversation where I practised coherent listening was:

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2) Before the conversation, my internal state felt:

- settled
- rushed
- distracted
- neutral

3) During the conversation, I noticed:

- more openness
- less urge to interrupt
- deeper listening
- moments of tightening
- moments of ease

4) The other person seemed to respond with:
(e.g. openness, relaxation, clarity)

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5) One thing I'll carry into future conversations is:

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When your system is available, others feel met.