

Listen Hear

An interactive workshop in the art of listening



“Good listening skills are the potent ingredient to connected relationships and creative problem solving. Without a receptive ear, spoken words are no more than sound waves bouncing around the room.”

Maria Klein

Strong listening skills are your key to becoming an inspirational leader, to building a cohesive team, to restoring relationships, and to making wise decisions. Give your communication skills a power boost by honing the art of listening.

In two 90-minute sessions we will cover:

Preparing to Listen

What is your challenge to listening? Understand the five common challenges to listening, and how they effect you. Pay attention to what is going on in your own mind while others are speaking. Learn tools for focusing on the speaker.

Listening for Content

Learn to listen purposefully to the content of the speaker’s spoken words. Content is the surface message being communicated. Find out if you are catching it all. Notice how your listening skills are affected by phone conversations and conference calls.

Listening for Meaning

Discern the underlying meaning by reflecting your subjective interpretation of the speaker’s words. Listening becomes a focused, purposeful action, rather than a pause in talking. Connection and respect grow when we understand the unspoken message.

Course Format

- Experiential exercises practiced in session, and between sessions
 - Number of participants: 4-10
 - Two 90-minute classes. Flexibility with number of participants and time allotted.
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Maria Klein, LMFT: Counselor in practice 24 years, teacher of counseling-psychology graduate students at Santa Clara University (since 2008) and JFK University (2006-13). In addition Maria is a public speaker, corporate instructor, retreat leader.