

This is “Peer Counseling Pause” with Reova Meredith

Being a Good Listener

It is especially important to use good listening skills and effective questions to encourage the other person to share their story. Listening is an active experience. It is far more difficult to be a good listener than to speak effectively.

The average person talks at about 150 words per minute. On average the brain can process about 250 words per minute.

Therefore to listen effectively you must slow down your thought process to concentrate on what someone else is trying to say.

We teasingly say that those people we tend to dislike are those who talk a lot, but seldom listen. We need to be just the opposite: Good listeners, patiently waiting for the person to speak, then ask good questions.