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3 Tips to Improve Your Listening Skills!

Are you having trouble communicating with your partner, friends, or colleagues? Do you forget what your friend just told you only minutes after the conversation ended? In a world geared toward multitasking, it can be hard to drop fully into a conversation and just listen. Below are three tips to help you be more present in your conversations.

Ask questions. Don't just smile and nod. Make your conversation partner feel more heard by asking questions that are relative to what they're saying. Ask for more details to dig deeper and listen fully.

Repeat what you heard. Every few minutes, repeat what you heard so you know you're retaining important information. This will also help you avoid accidental miscommunications.

Wait to offer a solution. When we're listening to a friend with a problem, our go-to response is often to fill silence with a solution, but sometimes, we just need to feel heard and understand. You can even ask your friend if they're looking for a solution or just space to vent.

Hope this helps!

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