

Whole Body Listening

Eyes

Looking at the person who is talking

Head/Brain

Thinking carefully about what you are hearing

Mouth

Sharing ideas and responses once the person is finished

Ears

Listening for key words the person is sharing

Heart

Caring about what the other person is saying

Body

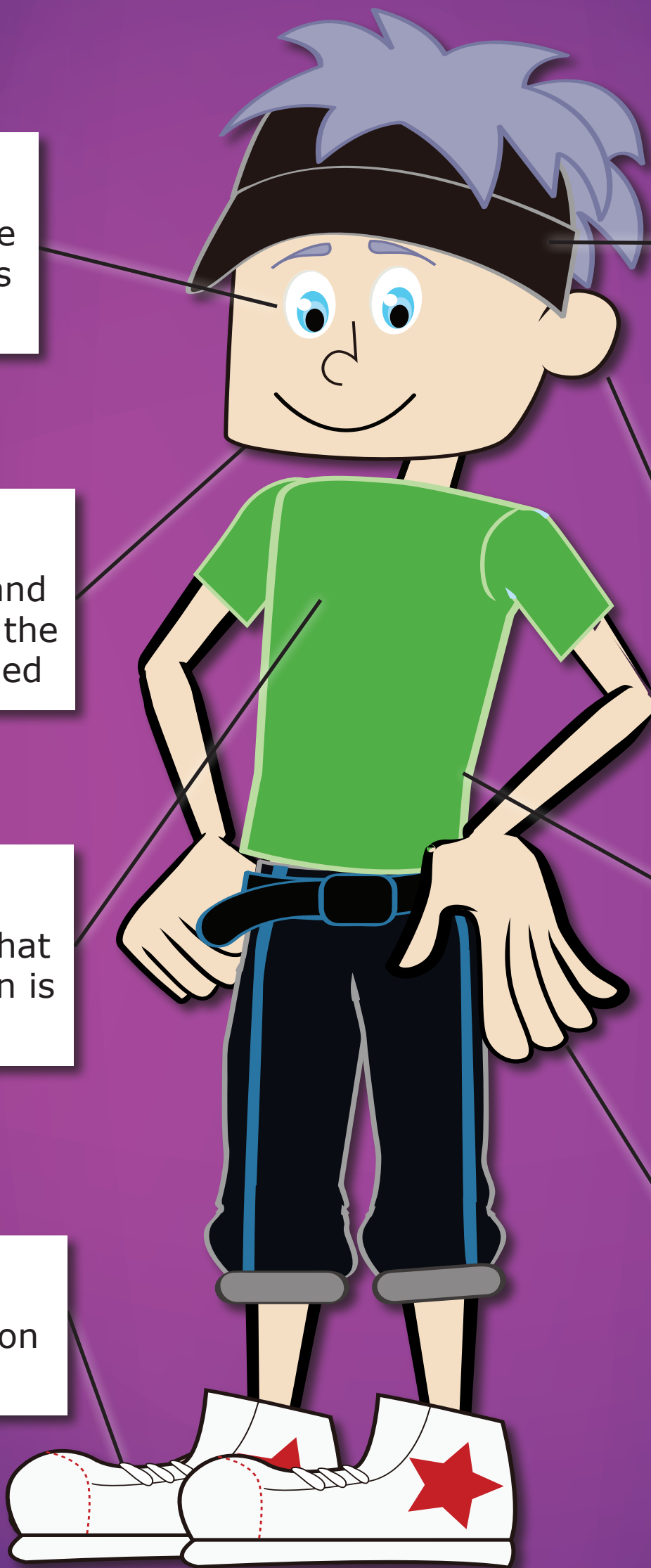
Facing the speaker

Feet

Still and quiet on the floor

Hands

Still and quiet on your lap, by your sides, or in your pockets



WITS LEADERS know it takes more than just ears to listen. It takes a whole body!



Walk Away

Ignore

Talk it Out

Seek Help

www.witsprogram.ca