

# StirFry Seminars & Consulting

innovative tools for diversity training

## The Art of Listening

*"To die, but not to perish, is to be eternally present."*

*~Buddhist Proverb*

1. Listen to what is being said and what is not.
2. Observe the language of the body.
3. Notice how something is being expressed and what words are used.
4. What you feel is as important as what you hear and see.
5. Be willing to adapt and to adjust to the moment.
6. Notice how your body and words express your projections.
7. Notice when you are asleep and why.
8. Keep breathing. Allow space for humor, warmth, and grief.
9. Compassion is one of the highest forms of being present.
10. Acknowledge and utilize the wisdom that is in each person.
11. Accept and validate the truthfulness of each person's perception.
12. Notice where someone begins and ends.
13. Notice what is in the middle of the room.
14. Model the acceptance and openness to conflict, anger, and pain.
15. Acknowledge the courage and intimacy of being vulnerable.
16. Be kind to yourself and others.