

## **Mindful Monday Message #9 – 04 July 2016**

It is worthwhile revisiting the idea of mindful listening because it is such an essential skill for survival in life and work. You know you have not been listening mindfully when you realise that you cannot remember what was just said in a conversation or you struggle to recall the outcome of a meeting. Listening mindfully is such a core interpersonal skill but it is not necessarily one that you have automatically. Not only do we need to deal with the torrent of internal thoughts that can bombard us, such as things we are worrying about, but there are all the other potential distractions, such as noise and electronic devices to take us away from really listening.

Practising mindfulness will allow you to be present to conversations. It will give you the strategies you need to ground yourself before a conversation through breath. Mindfulness opens the way for you to be able to focus on the person you are having a conversation with. As well, a practice of mindfulness invites you to be compassionate and to step into the other's shoes. Finally, a mindful practice helps you to learn about the internal cues, such as frustration or anger, that may impede good listening.

*Dr. Annmaree Wilson*