

It takes both concentration and determination to be an active listener. Review the resources provided below to develop your active listening skills

- Mind Tools 7 Minute Article on Active Listening, with video included:
<https://www.mindtools.com/CommSkill/ActiveListening.htm>
- The Greater Good Science Centre with the University of California, Berkeley, Practice and Podcast: https://ggia.berkeley.edu/practice/active_listening
- Asana “Listening to Understand” 8 Minute Article with examples:
<https://asana.com/resources/active-listening>

