

By

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## *Reflective Listening*

Verbal communication is an inherently inaccurate means for the transfer of information and is a skill we have to learn and develop.

Reflective listening can enhance and facilitate communication.

Hearing the other person's point of view and feeling heard yourself, means that half of the problem is resolved, because both sides feel listened to and their point/feelings validated.

No gender is particularly good at communicating – they just don't speak, or speak many words without communicating what they really feel/want.

### What can you do?

- Create some quiet space together with your partner - call it conversation time.
- listen to them without interruption or judgment - or trying to formulate your response.
- when they have finished, reflect back to them what you heard them say
- ask them to clarify if you have
- repeat the process with them listening and reflecting what you say
- remember that some people need longer than others to think about things and therefore you may need to set another time to come back to the topic.

It is a lot easier to resolve things when we actually know what the issues are. Be clear and open.

If you find that you are not heard or you find it hard to hear what the other person has to say, then maybe the issues run much deeper and you won't be able to find resolution without change.

