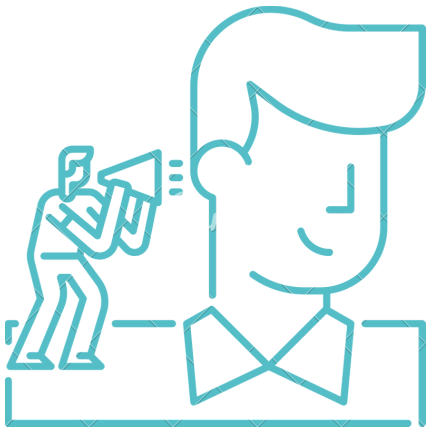


Way to Wellbeing



Making workplace wellbeing a reality

The Art of Listening



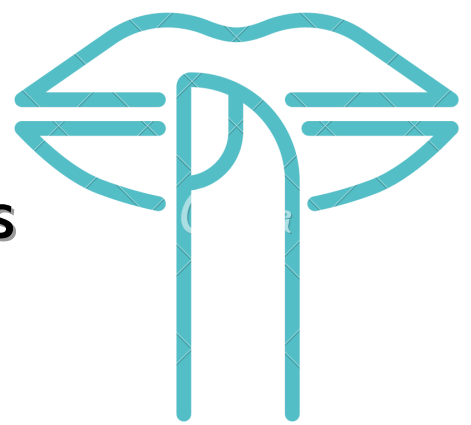
"We have two ears and one mouth so we can listen twice as much as we speak..."

Listen to hear rather than respond



Accept the individual's reality and how they are feeling

"Listen" to body language & silences as well as words"



Reflect back to ensure you have understood

Show empathy and be yourself



Offer to follow up with another conversation