Active Listening

Ears - to hear

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Eyes - to see

Undivided attention - to focus

Mind - to think

Heart - to feel

Think before we speak

Body Language
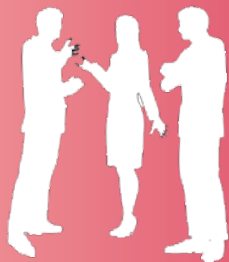
Lashon Harah

Limitations

Tone/Language

The power of our tongue

Ambiguity

When we blurt out our thoughts without thinking, we can say things we don't mean, we can hurt people and we can lie.

Spend the minute to think out what you mean before you just speak

How much time do we spend actually listening to the person that is talking to us, or are we too busy on our phones while 'listening' to someone else.
Do we spend the time thinking of what we want to say next in the conversation?
Give the person talking to you the respect and time of day.

The spread of gossip, what happens when a story gets passed around and around, it can spread to people we never thought it would and the story could get distorted.

Next time you are about to say something, think through and make sure this won't hurt anyone.

We can communicate strongly through our body language. We can send messages, comfort people, intimidate people and scorn people just by not saying anything at all.

Be aware of what message your body language is sending

Sometimes we just need to take a step back and change our tone or change our language and the message that comes across can be totally different.

Instead of yelling, take a deep breath and speak calmly, this can stop things from escalating into a bigger situation.

Moshe Rabbeinu was the jewish quintessential leader even though he had a major lisp, limitations to our speech are hard, but can be overcome.

Don't let short-comings define who you are as a person and limit potential.

Don't leave important details out to try and change the story. Things like white lies can be just as harmful as lying.

Learn how to be direct, don't hint around an issue, face it front on and it won't turn into a whole situation.

Our tongue and speech is powerful, we can use it to build people up or cut people down.
Just like we are careful about what we put into our mouth (we wouldn't eat mud-covered food)

we should be careful about the words that come out of our mouth.