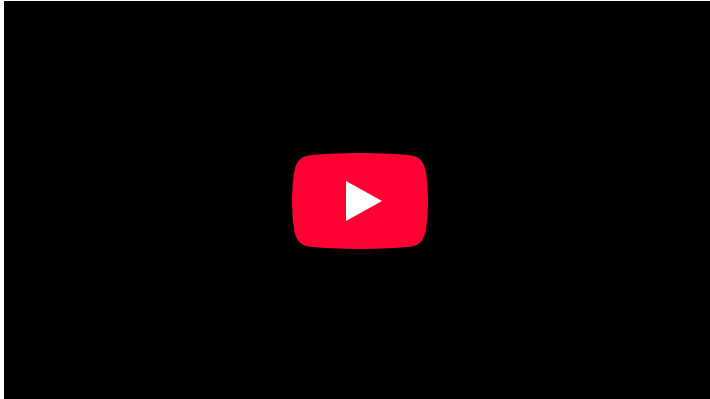


## 5.7: 5 Ways to Listen Better

---

### Active Listening

Active listening is important to effective communication. Watch the 7:50 video presented by Julian Treasure to learn why listening has become problematic and ideas for improvement:



After watching the video, consider the following questions:

- Why does the speaker indicate that conscious listening always creates understanding?
- How can conscious listening help to remove cultural barriers and promote inclusivity and belonging amongst coworkers?

---

5.7: 5 Ways to Listen Better is shared under a [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/) license and was authored, remixed, and/or curated by Jamie Hammond and Western Technical College.