

September Newsletter – Look and Listen!

I've just been reading through some emails in the 'to read/listen to' folder of my inbox (with a view to getting some inspiration for this newsletter) and having skimmed through the first paragraph of an article by Deepak Chopra on Building Better Leaders, I knew I was onto something when I read the words LOOK and LISTEN.

I was reminded of a snippet from a radio interview I happened to tune into just before Father's Day last Sunday, in which a male parenting expert was talking about how men in general tend not to be the best listeners.

Hmmmm said I to myself on hearing the comment. Only the week before at the dinner table had I made an interesting observation when husband, son and I shared news about our respective days as we chowed on down.

I noticed that when either was talking, eye contact was always directed at yours truly. It was quite an eye-opener. End result? Both appeared disinterested when the other held the floor, which perpetuated the 'eyes only on yours truly' cycle.

So, when husband was 'on air', I shot surreptitious glances at him every now and again to eyeball the son, which temporarily did the trick.

I say 'temporarily' because we were back to square 1 the following night! Note that conscious awareness of the need to change is certainly required in such instances.

When I shared my observation with them the next day and asked why they thought things were just so, both were quick to point out that it was probably because I was a better listener.

Moral of the story: If you're talking to your family at the dinner table, holding court in a boardroom or addressing your team at a weekly meeting, be inclusive with your eye contact. Spread the look and they're more likely to listen.

If you become a good listener, you're likely to become a good looker!

Now isn't that something to aim for?

Till next month, here's looking at you kid ;)

Caroline

Please feel free to share this article with anyone who might be interested.