

Levels of Listening

Listening is crucial for effective communication, building and maintaining relationships, professional success, personal growth, and overall well-being. By developing strong listening skills, you can enhance your interactions and create more meaningful connections with others. Listening is a fundamental aspect of communication and interpersonal interaction, playing a crucial role in various aspects of life, including personal relationships, professional settings, and self-improvement. Here are the different levels of listening (Source: MKP USA)

- Level 0 Barely listening or paying attention
- Level 1 Self-centered Listening and through a filter of one's own feelings
- Level 2 Curious, unattached but empathetic
- Level 3 Engaged Attentive to non-verbal communication(tone, body language, etc.) and tuned into intuition
- Level 4 Impactful Hearing what's behind and underneath the