

“Deep Listening” with Mavis Karn
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mavis.karn@aol.com

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EVERYONE
JUST NEEDS
A
GOOD
LISTENING
TO

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HIGH IMPACT
LOW EFFORT
LISTENING



PAYING
ATTENTION!



EVALUATING



DISTRACTED

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DISTRACTION



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EVALUATING



"DO I AGREE? DISAGREE?"
"IS IT TRUE? FALSE?"
"OH THAT'S JUST LIKE ___"
"WONDER HOW THAT
WOULD WORK WITH ___"

APPLICATIONS - JUDGING
ASSUMING
WEIGHING PROS & CONS
COMPARISONS
FINISHING SENTENCES

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PAYING ATTENTION!!



- TAKING NOTES
- MEMORIZING
- STUFFING IN INFORMATION

URGENT • EFFORTFUL
OUT-COME BASED

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HIGH IMPACT, LOW EFFORT

LISTENING



- THOUGHTS COME & GO EASILY
- EFFORTLESS RELAXED, EASY

- TRY IT ALL ON FOR SIZE
- TAKE IT ALL IN WITHOUT EVALUATION
- PUT IT ALL ON THE BACK BURNER

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HOW DOES IT FEEL TO BE LISTENED TO?	HOW DOES IT FEEL NOT TO BE LISTENED TO?

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SIDE EFFECTS

BRINGS OUT
INSIGHTS... 

in both
SPEAKER & LISTENER!



CALMS THE MIND

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<p align="center">11</p> <p align="center">Deep Listening with Mavis Karn mavis.karn@aol.com</p> <p>© 2020 Mavis Karn, St. Paul, MN</p>	<p align="center">Deep Listening with Mavis Karn is free online at two locations:</p> <p align="center">Graceful Coaching https://www.gracefulcoaching.net/deeplisting/</p> <p align="center">National Resilience Resource Center http://www.nationalresilienceresource.com/Educator-Preparation.html videos #19 and #20</p> <p align="center">Graphic Art by George Karn Graphic Design by Michael Bailey</p>