





Harley M Storey
The Life Coach Toolman

Dear Subscriber

Here is your **Reflective Listening Tool®** from **101 Tools Life Coaches Use.®**

I hope you will find it fun to use yourself or with your clients!

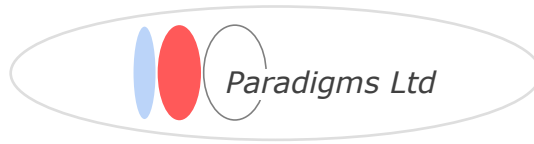
After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

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P.S. You can get a free copy of 20 Tools Life Coaches Use® by [clicking here.](http://www.life-coach-tools.com)



Reflective listening

"Your communication is only as good as your understanding of the person you're communicating with."

Dr Tony Alessandra

Verbal communication is inherently inaccurate means for the transfer of information and is a skill we have to learn and develop. This tool is designed to enhance and facilitate communication between couples.

Excellent communication is a very important life skill because by hearing the other person's point of view and in turn feeling heard yourself, means that half of the problem is resolved, because both sides feel heard and validated.

If you see a guy and a girl together, chances are the girl will be talking and the guy will be listening as on average women speak thousands more words a day than men!

However, neither gender is particularly good at communicating – often men just don't speak, and women speak many words but don't always communicate what they really feel.

Exercise:

- Create some **quiet** space together with your partner
- **listen** to them without interruption or judgment
- when they have **finished**, **reflect** back to them what **you** heard them say
- **ask** them if you heard them correctly
- **repeat** the process with them listening and reflecting what you say



If you are interested in exploring this tool further, Dr. Harville Hendricks has written a great book on this subject called *Getting the Love You Want*.

