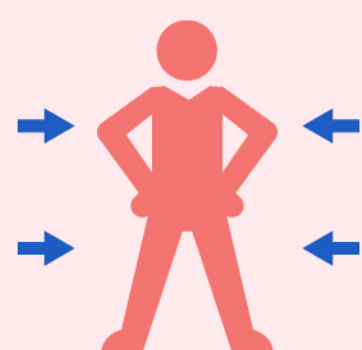


Active Listening: using **B.U.I.L.D.**



Next time you engage in a conversation with a colleague at school, try asking yourself these questions:



B

Body Language

How are you standing or positioning your body? The way you hold yourself can show if you are focused on the person you are talking to and are receptive to their message.



U

Understanding

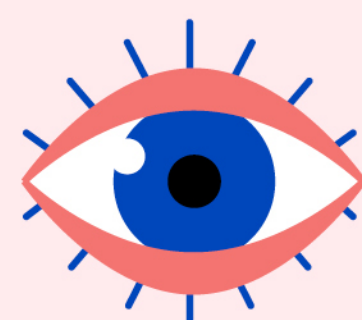
Are you really listening to what is being said? It is easy to stand and nod your head and look like you are listening, then come away from the conversation realising you don't remember it fully.



I

Interrupting

Are you interrupting? Interrupting someone can be frustrating for them and make it seem like what you have to say is more important than what the other person is saying.



L

Look at them

Are you looking in their direction? Looking at someone (rather than finishing what you're writing or checking your phone!) shows you are paying attention and value what they are saying.



D

Don't judge

Are you being open-minded? It can help you put yourself in the other person's shoes. Going into a conversation with a judging mindset can destroy the potential for progress or growth. Instead, practice empathy.