LEADERSHIP AND COACHING JANUARY 2025 WORKSHOP

Equipping and Supporting Others at Work

THE CON ARTIST'S GUIDE TO EFFECTIVE LISTENING

This interactive workshop by **Dr. Shonna Waters** introduced participants to a new kind of "CON" artist: one who embraces curiosity, openness, and non-judgment to become a more effective listener.

Drawing on the principles of effective coaching, participants learned how to move beyond "listening to respond" and developed deeper listening skills that enhance communication and understanding in academic and professional settings.

TAKEAWAYS

Self-reflecting and staying aware to avoid becoming self-focused or attempting to provide an insightful or impressive reply.

The focus on, importance of, and applicability of listening skills. It is a valuable skill that is underestimated in academia.

Community-building, networking, connecting, and sharing perspectives and lived experiences at our tables.

The tools to learn and practice a new approach and framework to global listening on different levels, through the lens of coaching.

Identifying hurdles to effective listening. Even when you think you are listening, you may not be as engaged as you thought.

Asking what? and how? questions instead of why? questions.

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