

LISTEN Model for communication

Look - Observe non-verbal cues.
Inquire - Ask insightful questions.
Summarize - Explain your understanding.
Tune In - Maintain a mental presence.
Empathize - Connections go both ways.
Nurture - Trust improves communication.

CARES for giving feedback





Leadership in Practice

- Do I sometimes catch myself talking and thinking about how I will respond instead of listening?
- Do I pay attention to what my body language is saying and if it supports my words?
- Can I empathize with my team? Everyone of them?
- Have I built trust with my team?
- Do I need to give feedback? Let me review the CARES model to help develop my strategy.
- I have a speech coming up. What elements of the SPARK model can I apply when preparing for my next speech?
- Remember that personal experiences bring authenticity to speeches.