



# Guanacaste

THE LEAD LISTENING INSTITUTE

## THE LEAD LISTENER'S 10 COMMITMENTS

Effective listening invites all parties to the dialogue to:

1. **Create safe, sacred, and say spaces where others can feel valued** (seen, heard, listened to, and understood) **and validated** (seen, heard, listened to, and understood from their perspective).
2. **Withhold any and all prejudgments about speakers and listeners.**
3. **Be swift to listen and slow to speak.**
4. **Seek first to understand, then to be understood.**
5. **Listen to understand, not just to reply.**
6. **Focus, hear, listen, understand, and respond from the other person's perspective.**
7. **Acknowledge before asserting.**
8. **Receive and give constructive feedback with grace, goodwill, and good wishes.**
9. **Thank freely and continuously the speakers and listeners in their lives.**
10. **Commit to the lifelong practice and deep inner self-work of . . .**
  - self-**E**xamination
  - self-**A**wareness
  - self-**R**eflection**. . .to grow and develop as listeners.**

**These commitments are condensable to one word: L-I-S-T-E-N**

Guanacaste: The Lead Listening Institute  
Dr. John G. Igwebuike  
(614) 526-9872  
drjohnigwebuike@gmail.com