

234: Optimize Your Listening and Speaking

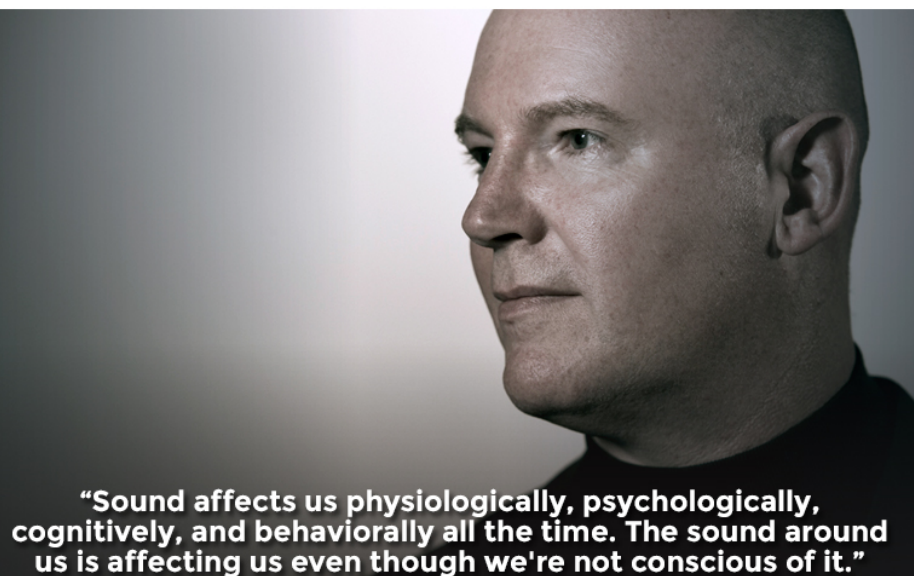
10 Point Checklist

Julian Treasure

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Sound affects us physiologically, psychologically, cognitively, and behaviorally all the time. The sound around us is affecting us even though we're not conscious of it.”

JULIAN TREASURE

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Maintain eye contact when in a conversation with someone so that they know I am paying attention to what they are saying.
- Steer clear of distractions and refrain from looking at my phone when in the middle of a conversation. Be present and stay engaged.
- Listen to fully understand what the other person is saying and where they are indeed coming from. Many listen to formulate a response, but they don't really hear what the other person is trying to say.
- Ask questions to keep the conversation going. Not only will it help me avoid awkward silence, but it will also make the person I'm talking to feel that I am interested in what they're saying.
- Observe non-verbal language such as body language and tone of voice. Be more approachable and open so people feel comfortable when they're talking to me.
- Think before responding. Avoid blurting out words that can offend others or make them feel awkward.
- For interviews, research the person I'm talking to. Make sure I am equipped with enough information to formulate great questions.
- Hire a voice coach if necessary. Aside from helping me become a better speaker, having an expert coach me can help improve my self-confidence.
- Check out [Julian Treasure's TED Talks](#), 5 Ways to Listen Better, How to Speak so that People Want to Listen, and more.
- Grab a copy of Julian Treasure's book, [How to be Heard: Secrets for Powerful Speaking and Listening](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/optimize-your-listening-and-speaking-with-julian-treasure>