

How to speak so that people want to listen?

Angela Maria

Nov. 31 2022

Avoid negative speech in order to get people to want to listen

- ~~habits~~

- Habits to **move away from**:

- 1) Gossip : speaking ill of one not present
- 2) Judging : Hard to listen to someone and talk to someone we know is judging us
- 3) Negativity
- 4) Complaining
- 5) Excuses : blame others
- 6) Exaggeration / Lying
- 7) Confusion of facts w/ opinions

Speak positively and truthfully

Be conscious of how you are speaking

conscious speech = conscious listening

- Cornerstones for powerful conversation / speech:

HAIL : Honesty, Authenticity (be yourself), Integrity, Love (wish them well)

- It's what you say and how you say it
This includes the register of your voice, timbre of voice (how the voice feels), prosody (metalinguage), the melody of voice, opposite of monotony), pace of speech, pitch and volume

- vocal warm ups prior to important talks / speeches will help

- The 7 habits to move away from lead to people not listening to you whereas speaking powerfully w/ HAIL will result in conscious listening.

conscious speaking leads to conscious listening.
Avoid negative speech, instead speak w/ honesty, authenticity, integrity and love. How you say things matters.