

Communication & Social Skills

Active Listening

Active listening is the key to effective communication. It is important to show the speaker that you are listening to them and one way to do this is to use the S.O.L.E.R technique. We will explore the ways in which you can prepare for effective communication and examine both the verbal and non-verbal signals of active listening.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:58)

English Subtitles

5 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. A vital part of communication is listening.
2. Give the speaker your full attention.
3. Listen to what's said and communicate your understanding back to the speaker.

