



SUZANNE CRUZ  
Author & Speaker

## Listening Program – What your audience will learn



Perhaps you have heard, (no pun intended) that Hearing and Listening are different, and they are. Whereas Hearing acknowledges a sound, Listening deciphers it. Listening is a skill that can be trained and encompasses many distinct parts of the human body and mind.

In this presentation you will learn:

- ✓ **How Personality type** affects listening- Understanding personality types will help you craft your message better and listen more patiently.
- ✓ **Why Listening to your Gut**, can give you insights- it's a knowing without knowing thing that can let us know when there is danger, or if that financial decision you're about to make, does not seem right.
- ✓ How common **Listening Strategies**, like Active and Passive listening skills can build friendships and influence people.
- ✓ **Listening to your self-talk**- Listening to what you tell yourself about yourself- can either positively or negatively affect whether you have a good day or a bad day.
- ✓ How **Listening to Music** -Positively affects the brain's health.



SUZANNE CRUZ  
Author & Speaker