

STELLAR *Life*

Hosted By *Orion*

How to Speak So That People Want to Listen

10 Point Checklist

Julian Treasure

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Listening is something that we have to work at - it's a relationship with sound. And yet, it's a skill that none of us are taught."

JULIAN TREASURE

10 STEPS YOU CAN TAKE TODAY

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

- Be a good listener. Listen with sympathy to the person you're communicating with and make them feel heard rather than judged.
- Become more familiar with other people's cultures and upbringings so you can communicate more effectively with them. In some countries, people naturally speak softly, while others are more expressive and loud.
- Pay attention to people's body language, facial expressions, and microexpressions when talking to them. This will help you determine if they're interested in what you're saying.
- Shake things up in repetitive talks such as speaking engagements, classes or mastermind groups. Keep your students/subscribers' interested by bringing something fresh to the table.
- Observe your voice's tonality when you speak. The same sentence can mean differently just by the tone you use when saying it.
- Hire a vocal coach to improve your speaking and communication skills. A voice coach can give you tips on how to sound better or how to be more confident in talking to others.
- Spark your audience's curiosity at the start to get them hooked on your speech, but make sure you give them answers or solutions so that they get a valuable takeaway from your talk.
- Maintain eye contact and try to be empathetic, whether on stage speaking to hundreds of people or one-on-one.
- Use the art of storytelling to connect and engage with your audience. People listen better when they can completely relate to what you're saying.
- Grab a copy of Julian Treasure's book, [How to be Heard: Secrets for Powerful Speaking and Listening](#).