



Skills Builder
PARTNERSHIP



Listening

Skills Report

for Hammad Ausafi

on 06/06/2024

Here's what you answered:

STEP 0	Are you able to listen to others without interrupting?	Sometimes			
STEP 1	Are you able to listen to others <u>and remember short instructions</u> ?	Sometimes			
STEP 2	Are you able to listen to others <u>and ask questions if you don't understand</u> ?	Rarely			
STEP 3	Are you able to listen to others <u>and tell someone else what it was about</u> ?	Rarely			
STEP 4	Are you able to listen to others <u>and tell why they are communicating with you</u> ?	Sometimes			
STEP 5	Are you able to listen to others <u>and record important information as you do</u> ?	Rarely			
STEP 6	Are you able to show you are listening by how you use eye contact and body language?	Almost Never			
STEP 7	Are you able to show you are listening <u>by using open questions to deepen your understanding</u> ?	Rarely			
STEP 8	Are you able to show you are listening <u>by summarising or rephrasing what you have heard</u> ?	Sometimes			
STEP 9	Are you able to identify how a speaker is influencing you through their tone?	Almost Never			
STEP 10	Are you able to identify how a speaker is influencing you through their <u>language</u> ?	Almost Never			
STEP 11	Are you able to listen critically and compare different perspectives?	Sometimes			
STEP 12	Are you able to listen critically <u>and think about where differences in perspectives come from</u> ?	Rarely			
STEP 13	Are you able to listen critically <u>and identify potential bias in different perspectives</u> ?	Rarely			
STEP 14	Are you able to listen critically <u>and use questioning to evaluate different perspectives</u> ?	Rarely			
STEP 15	Are you able to listen critically <u>and look beyond the way speakers speak or act to objectively evaluate different perspectives</u> ?	Rarely			



SKILL SCORE

3.5 / 15

Your Skill Score shows your overall skill mastery, by adding up mastery of each of the steps:

Almost Never	Rarely	Sometimes	Often	Almost Always
+0	+0.25	+0.5	+0.75	+1



YOUR TOP 3 STRENGTHS

- | | |
|---------|--|
| STEP 4 | I listen to others and can tell why they are communicating with me |
| STEP 8 | I show I am listening by summarising or rephrasing what I have heard |
| STEP 11 | I listen critically and compare different perspectives |



YOUR TOP 3 AREAS FOR DEVELOPMENT

- | | |
|---------|--|
| STEP 6 | I show I am listening by how I use eye contact and body language |
| STEP 9 | I am aware of how a speaker is influencing me through their tone |
| STEP 10 | I am aware of how a speaker is influencing me through their language |

We recommend starting with

Step 6 of Listening

I show I am listening by how I use eye contact and body language

Build Step 6 with online activities

Skills Builder Launchpad: online, interactive modules to build each step from the Universal Framework.

To access Launchpad, go to:

[Build Step 6 of Listening](#)

Learn the building blocks of Step 6

Discover the building blocks of each Universal Framework skill step, and get practical advice on how to apply skills in your work and wider life.

[Visit Listening Step 6 - Universal Framework](#)

Apply Step 6 today

Here's a suggested activity to help you apply this step in your day to day life.

Vary body language

In a pair, take turns to talk for 3 minutes about a topic of your choosing such as a TV show, film or hobby. For the first round, avoid eye contact, fidget, use closed body language and scowl. Repeat the task but this time use eye contact and positive body language. How did it feel to speak in each round? Which was better? Why?