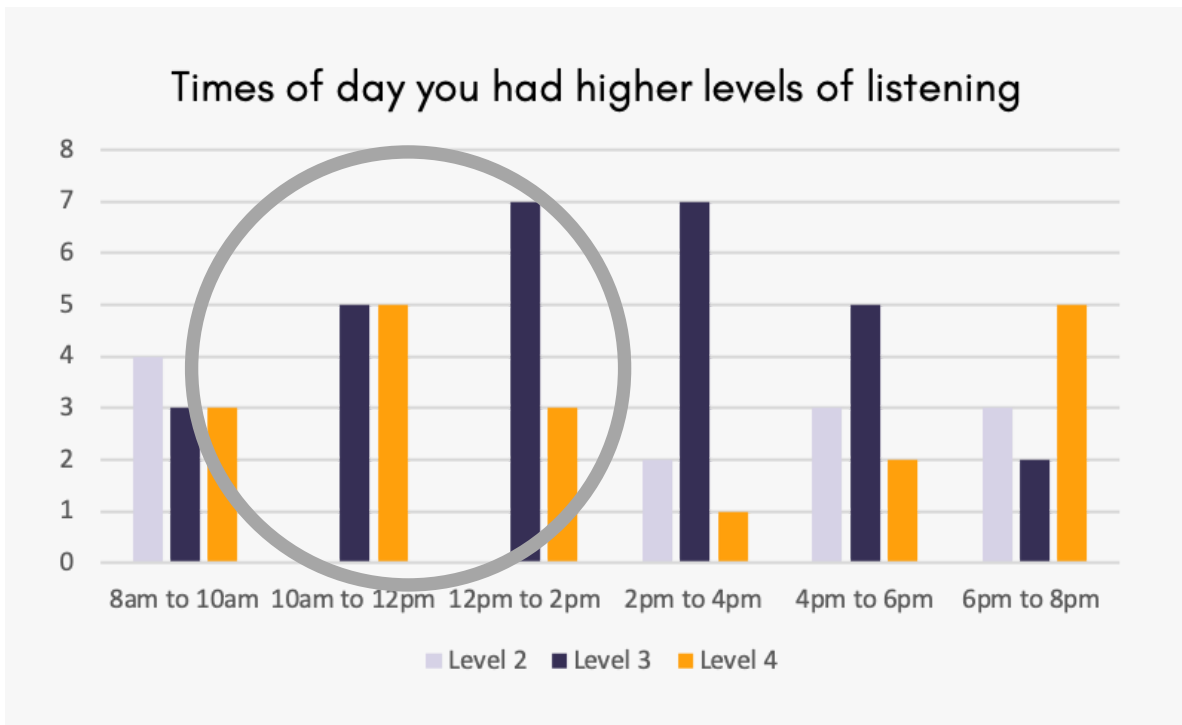


# YOUR 5L LISTENING REPORT

## YOUR LISTENING & HOW YOU FELT OTHERS LISTENED TO YOU

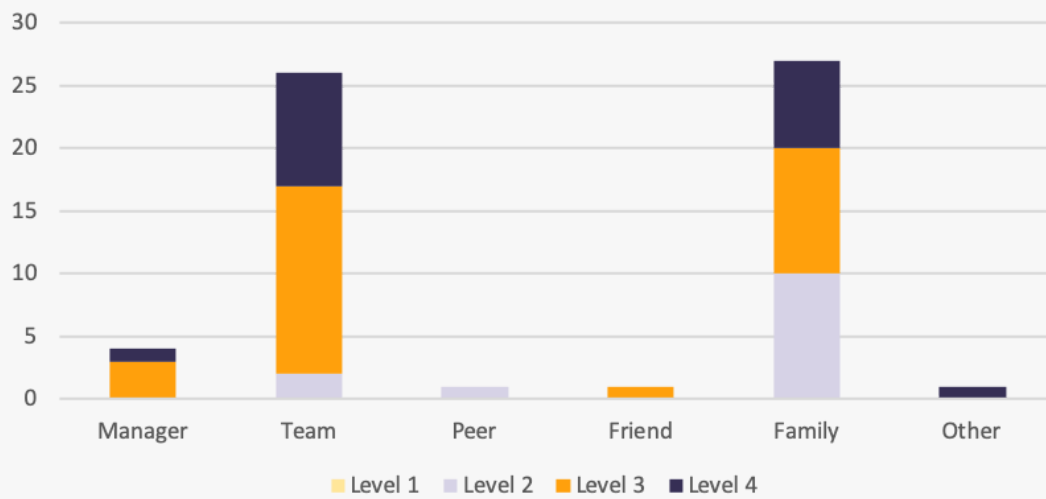
Your self scoring indicates that you were listening 78% of the time during your five days of self assessment

You felt others only listened to you 67% of the time during the same period

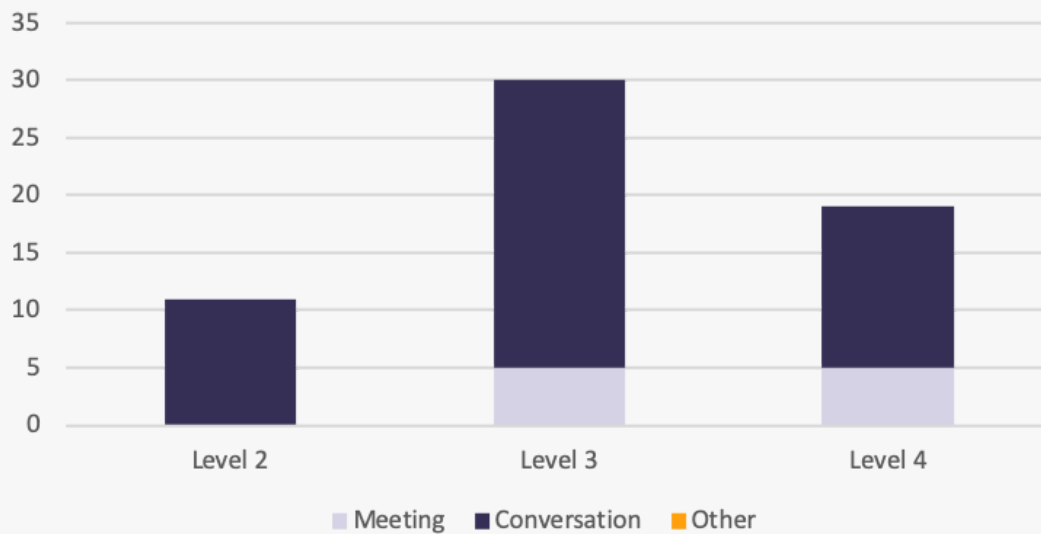


You recorded 60 recordings out of a possible 60. Based on the data you have provided your listening is higher between 10:00am and 2:00pm.

## Levels of listening across various types of interactions



## Your level of listening meetings vs. conversations



Based on the data you have provided your listening is generally between Level 3 and 4 in meetings. Well done. Your level of listening in conversations ranges between Level 2 and 4.

**Tip:** Practice identifying what distracts you in your conversations and work to reset yourself at the time by pausing to understand where your listening is at.