

ACTIVITY: Tune Your Meeting Senses

During Your next meeting, try to gauge the mood of the group by relying only on your senses.

- Seeing – Pay attention to all the non verbal communication out there. Look how other are speaking and listening to one another. Are they maintaining eye contact? Does the facilitator rely on a select few or does she/he incorporate the entire group? Are people really paying attention, or are they busy playing with their phones? What about their emotions: are they smiling, frowning, rolling their eyes, appear tired?
- Hearing – Pay attention to the sounds in the room. When individuals speak listen to the differences in the room. Are people talking over one another, are they moving making noise with their chair? What types of tones do you hear? Are people talking over each other? Are people saying phrases of confirmation or disagreement?

The way we interpret a situation plays a large role in our reaction. Being purposeful with your observations will increase your intuition and make you better at assessing a situation quickly.

Try This!

- During your next meeting, be purposeful about observing those around you. Perhaps write down your observations. After the meeting, review your notes and make a determination about the mood of the group.
- Try purposely observing at least three meeting a week. Over time the process will become automatic, even intuitive.

Adapted from Emotional Intelligence At Work; Hendrie Weisinger, Ph.D.