



THE  
**JOHN BARRETT**  
LEADERSHIP PODCAST



# LEADER GUIDE



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## Notes

### Episode 49: How To Be A Leader That Listens

Communication has 2 parts:

\_\_\_\_\_ & \_\_\_\_\_

Hearing - Head = \_\_\_\_\_

Listening - Heart = \_\_\_\_\_ (EQ)

1) It Shows \_\_\_\_\_.

2) It Builds \_\_\_\_\_.

3) It Brings \_\_\_\_\_.

4) It Generates \_\_\_\_\_.

5) It Creates \_\_\_\_\_.





# Reflection

## Episode 49: How To Be A Leader That Listens

### Episode Summary:

Your leadership excellence doesn't just depend on how well you speak—it depends on how well you listen. While many leaders focus on crafting their message, the real difference between good and great leadership lies in your ability to actively listen. When you practice active listening, you're fully present. You show genuine curiosity. You engage both verbally and non-verbally with those around you. You demonstrate value for others through your attention, your thoughtful questions, and your meaningful responses. If you want to transform your leadership, start by becoming a leader who listens. It's not just a skill—it's a superpower.

### Reflection Questions:

- What is the difference between hearing and listening? How do you see this play out in your daily interactions?
- How does being fully present while listening impact your relationships with others?
- In what ways can improved listening skills increase your influence as a leader?
- What are some physical and verbal responses you can practice to show you're actively listening?
- How can being observant while listening help you better understand what's not being said?
- What challenges do you face when trying to listen effectively?
- How might repeating back what you've heard improve your communication with others?
- What practical steps can you take this week to become a better listener?