

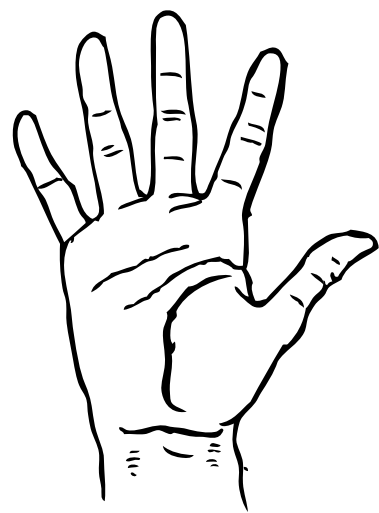
Real Whole Body Listening



May be looking at the floor, roof, speaker or area in the room as Eye Contact isn't always needed for listening and can be hard.



Can listen even when wearing noise cancelling headphones..



May be in the lap, on the knees or even using fidgets. Moving hands can help assist with focus.



Sometimes will roll forward and back and other times may be still. Feet can be a great way to get fidgets out.

Whole body listening is different for every body.



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