

Mini-session essays examples

[Life](#), [Friendship](#)



Mini Session

The listening style adopted in this interview case is non-interruption. In this case, I allow the person who is addressing me to speak out as much as they want without any interruptions. The technique makes the party addressing me to feel important. They feel that their views are important hence they are open to sharing any problems that they have.

The micro skill intervention employed is receptive. The nature of receptive listening involves paying attention to what is being said and understanding the details. During the interview most of the time, most of the attention was dedicated to what the other party was saying.

During the interaction, I was most effective at allowing the other party to speak without interruption. This technique was effective as it enabled a smooth flow of the conversation. The other party was able to air out all the grievances she had since there was no time that she was cut short, which may have disrupted her flow of thoughts.

When it comes to what I was least effective at, I may have asked inadequate number of questions. On the same note, the questions I asked may not have been comprehensive enough to make my friend to give me detailed answers.

The weakness can be perceived at certain instances when my friend gave one word answers which lack enough details. I feel that I am weak at asking comprehensive questions consistently. I failed to use the comprehensive questioning approach.

On a scale of one to ten, my rating would be 9 out of ten. The rating is because I was thorough enough to get the main details of the problem my

client had. I heard the problems well enough such that I gave good advice in the end.