

# Listen deeply and effectively

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Listen Deeply & Effectively Being nervous when meeting a member of the opposite sex is perfectly understandable. This is especially true if you have feelings for that person. In order to make a good impression, it is important to show good body language and remain interested. Good nonverbal communication is someone that usually needs to be taught because of the importance that it brings to a potential relationship. In the movie Hitch, Will Smith, as Alex “ Hitch” Hitchens, is training Kevin James’ character Albert Brennaman to try and woo Allegra Cole, played by Amber Valletta. When Allegra turns up to meet Albert, Hitch stands behind the door to coach Albert through this awkward moment. In this scene, Hitch offers four important pieces of advice to Albert: to close his mouth, stand up straight, give affirmation or acknowledgement when asked a question, and maintain eye contact when she is talking.

When Allegra first turns up, Albert lets his nerves get the better of him and he is breathing heavily. Allegra does not notice it, but Hitch tells Albert to close his mouth when she is talking. I would offer the same kind of advice to Albert because keeping your mouth closed while someone is speaking is really important. Leaving your mouth open is the habit of young child, and doing this on a regular basis shows immaturity in communication.

A few seconds later, Albert looks down after there is a small pause in communication. This can be displayed as Albert being uninterested in what she has to say, and this is the opposite of the objective that Albert is trying to achieve. Hitch tells Albert to stand up straight because it shows that you have interest in the other person. I would tell Albert that not only is good posture great for your back, but it also displays confidence in your abilities. Standing up tall shows assurance, and this will have a positive effect on the <https://assignbuster.com/listen-deeply-and-effectively/>

person listening.

Further along in the conversation, Allegra asks Albert something and his face remains motionless. Even if Albert did not have the confidence to reply with spoken word, simply nodding his head or uttering an assurance would have sufficed. Hitch tells Albert to move his head up and down, signaling a positive response. I would tell Albert that nonverbal communication is perhaps even more important than verbal communication. This is especially true with a romantic attraction, where the vibe that someone, particularly a woman, feels plays a major part in their acceptance of the other person.

The final area where Albert could improve his communication skills is through making eye contact at all times. Looking away suggests disinterest, and this can make someone go cold on you very quickly. Hitch motions Albert to keep his eyes trained on Allegra so that he can see her reaction. I would tell Albert that maintaining eye contact is just as important as the words spoken because the other person will feel like they are engaged in a two-way conversation.