

Å lytte og forstå

Tre innfallsvinkler til kommunikasjon

Karl Johan Seim-Wikse
Bedriftshelsetjenesteavdelingen
Ahus HF



Plan for innlegget

To Do

DOING

DONE

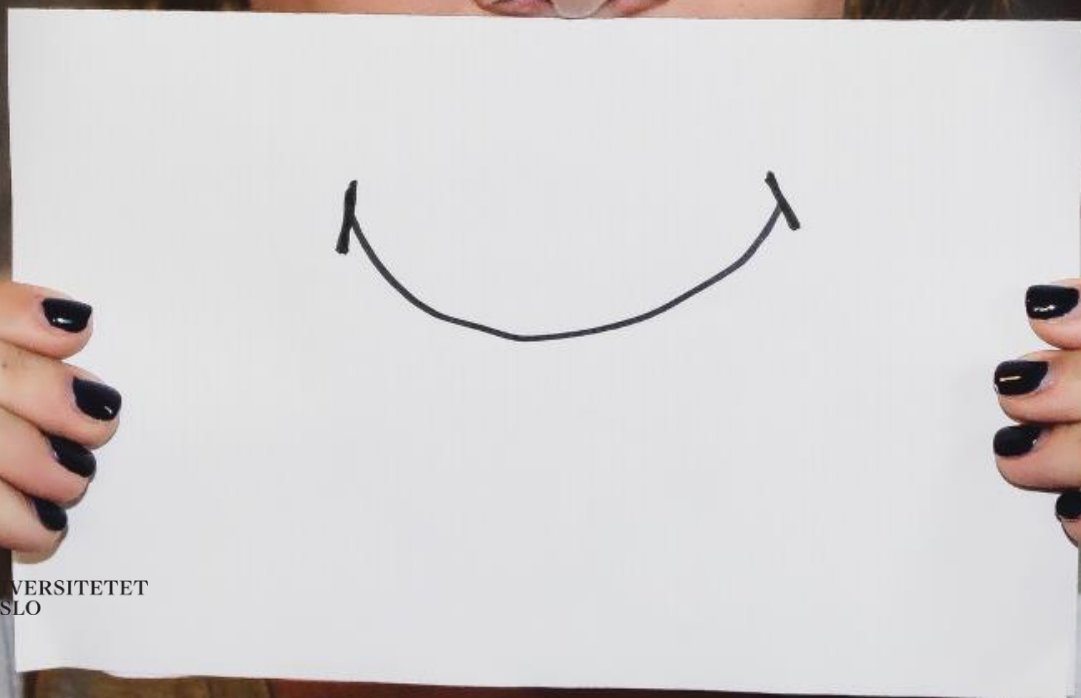


IF SPEAKING
KINDLY TO PLANTS
HELPS THEM GROW

IMAGINE WHAT
SPEAKING KINDLY
TO HUMANS CAN DO

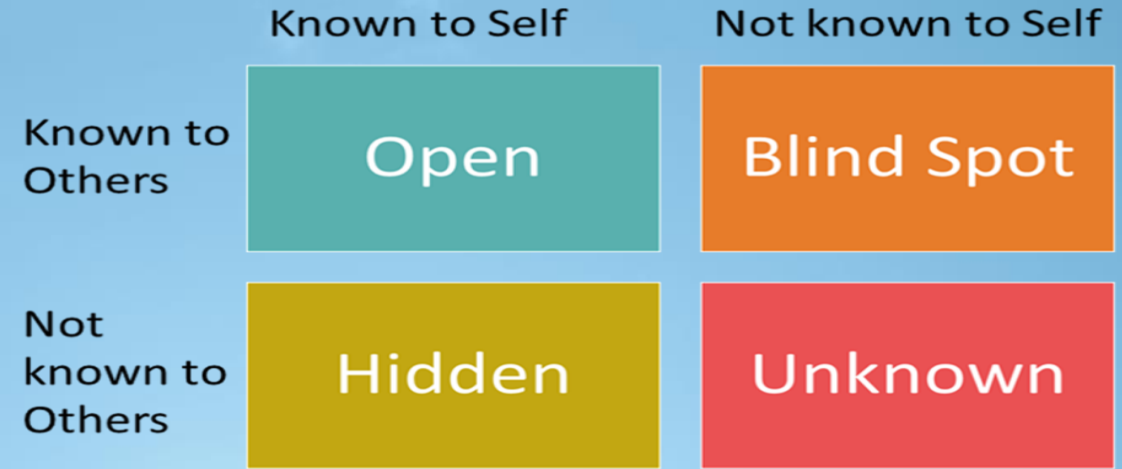
Candor: Ærlighet - velvillighet - vennlighet

Hva er virkningen av meg,
det jeg sier, og det jeg gjør?



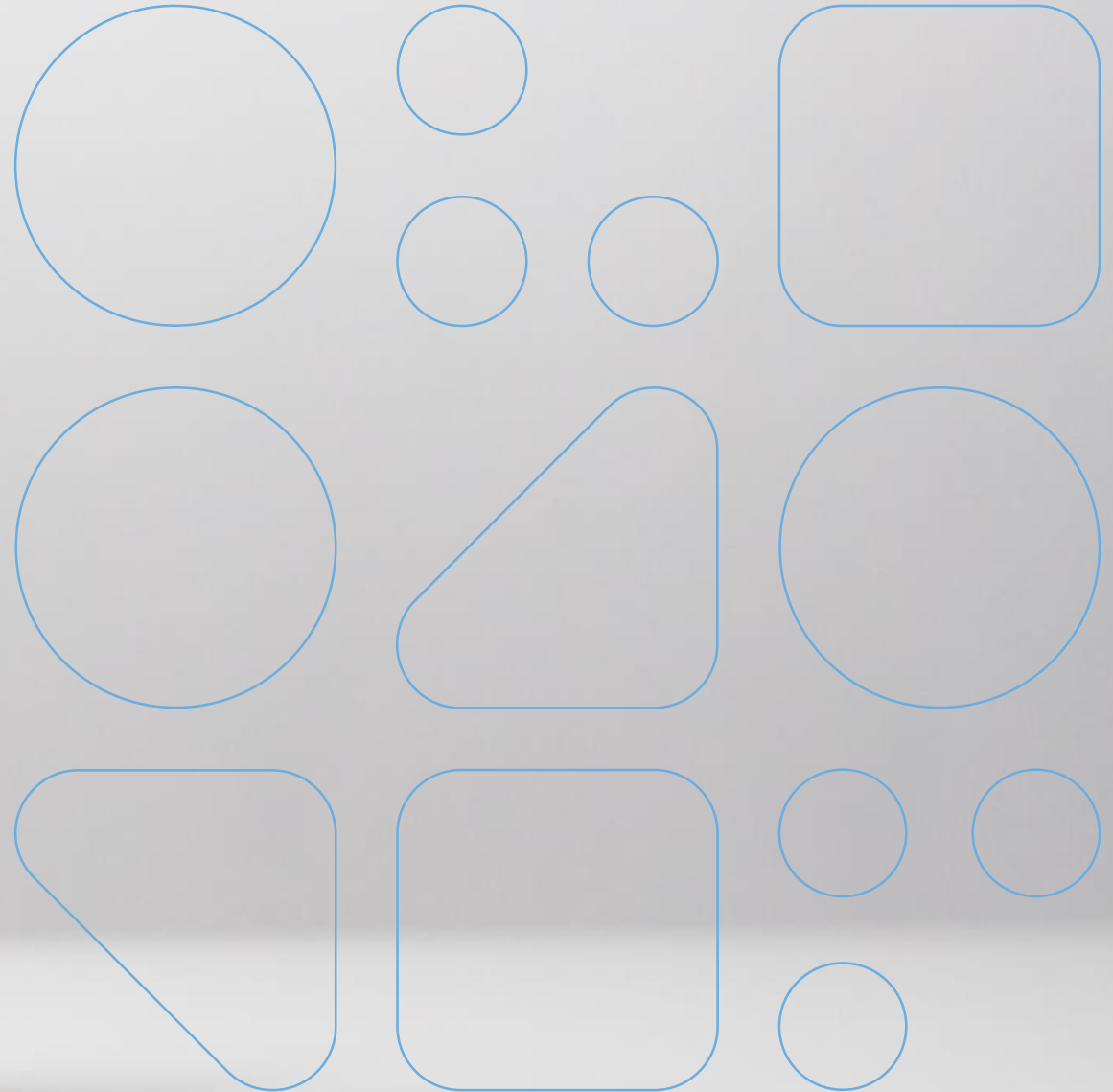


Meg og andre



The Johari Window (Luft, 1969)

Spør, og fortell



The biggest
communication problem
is we do not listen to
understand.

We listen to reply.

A photograph of three white candles in a black metal holder. The central candle is lit, with a bright flame. The other two candles are unlit. The background is a dark, muted green. The text "En tid for gode samtaler?" is overlaid in white on the lower left.

En tid for gode samtaler?



INTERESSE

GJENFORTELLE

FØLGE OPP

AKTIV LYTTING

Enkle refleksjoner

Komplekse refleksjoner

Oppsummeringer

Validering

(Hverdagspsykologi med Eirik Hørthe, Psykologisk.no)



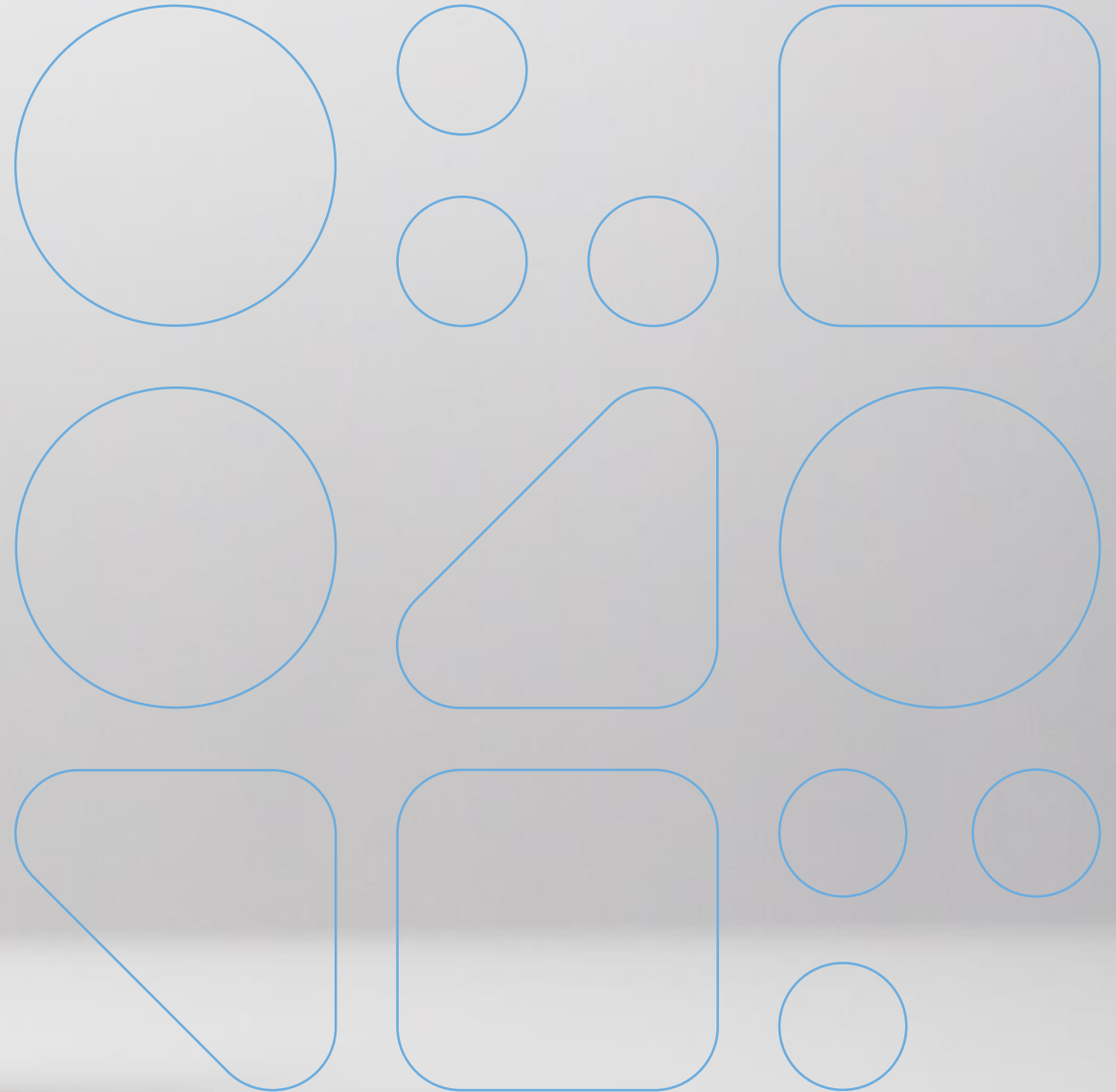


Foto: Marco Bianchetti

Mentalisering

Hvor er ditt fokus?

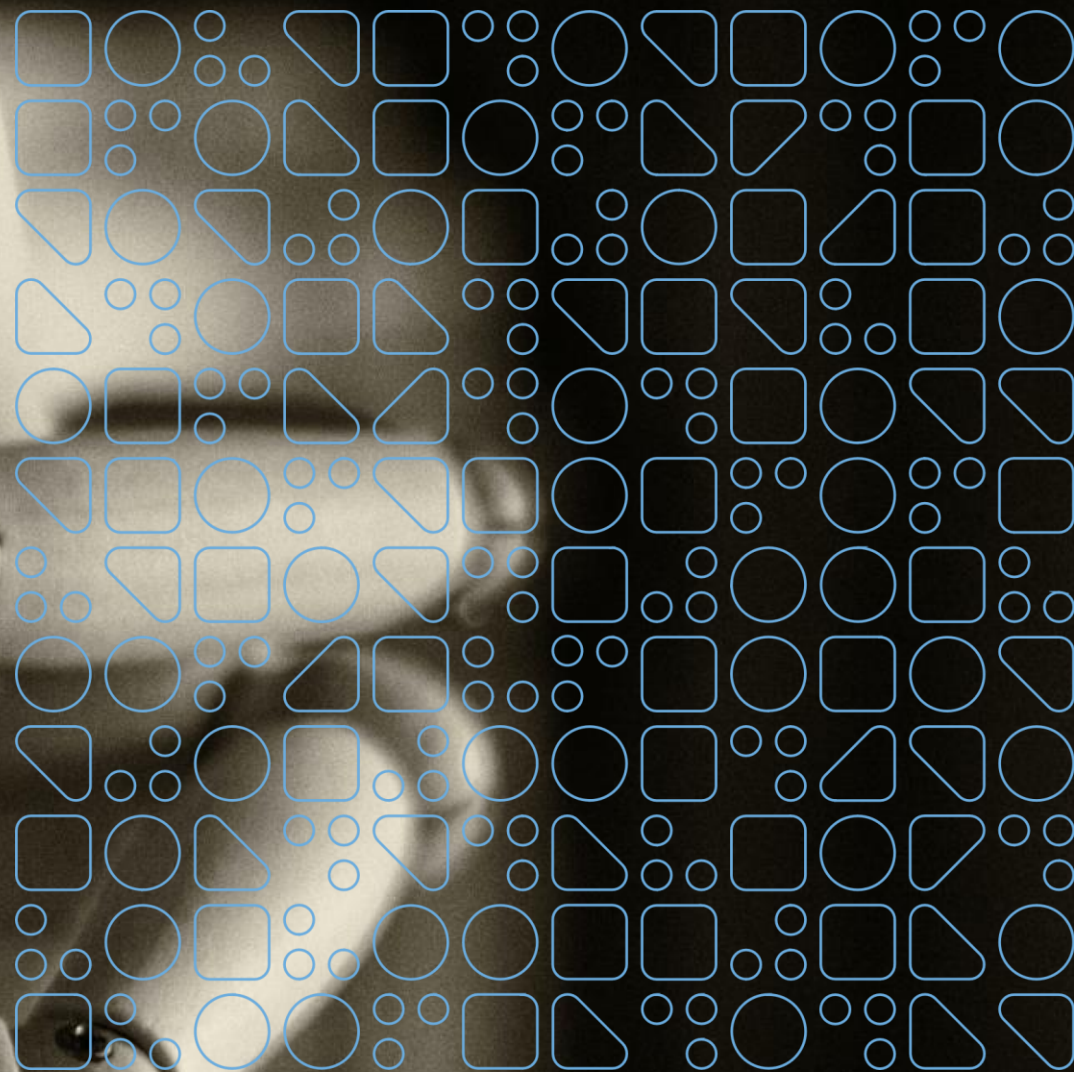
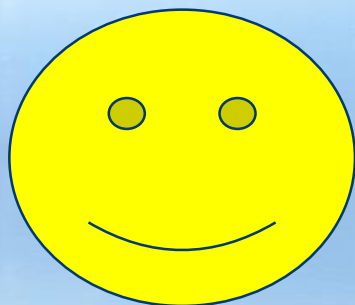
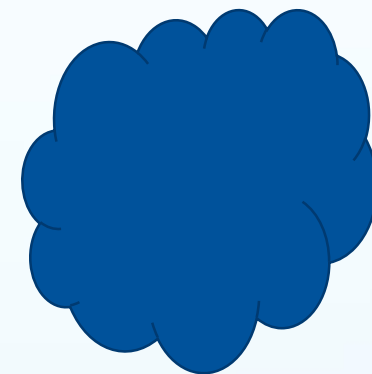
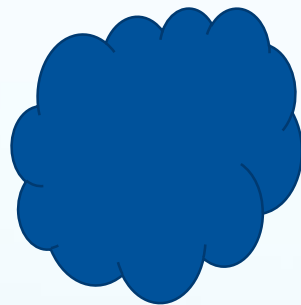
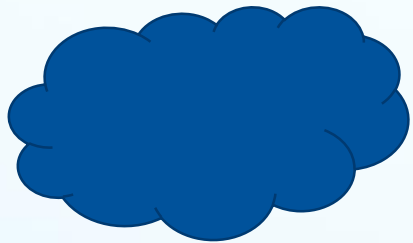
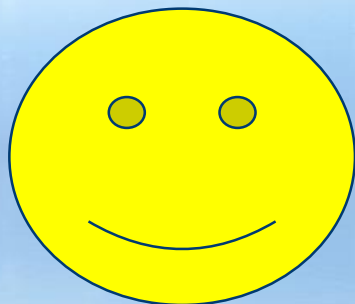
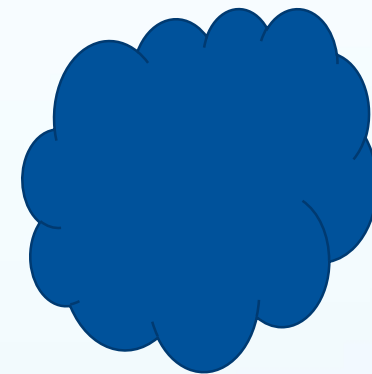
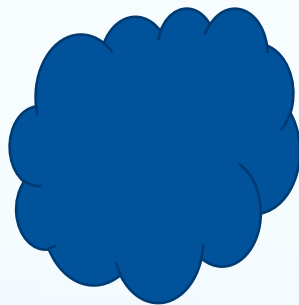
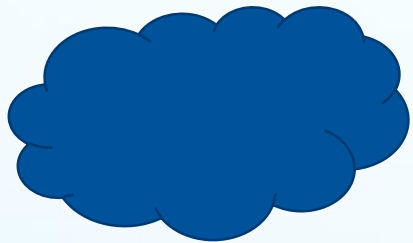
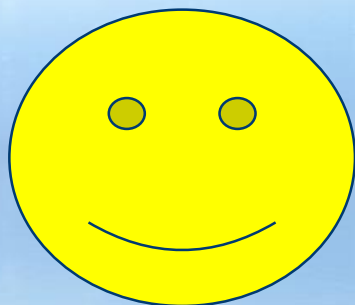
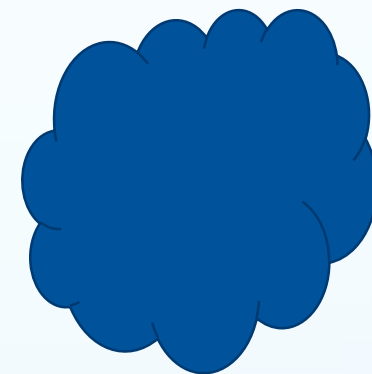
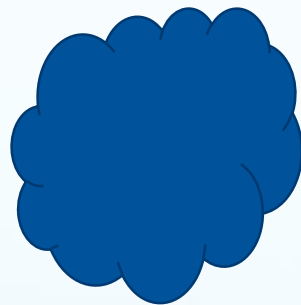
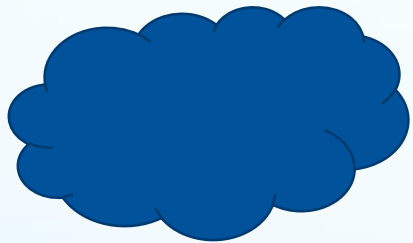
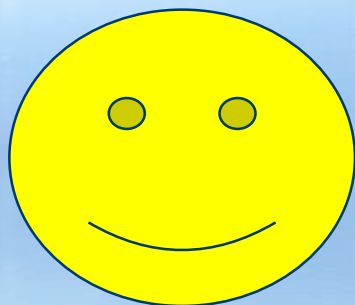
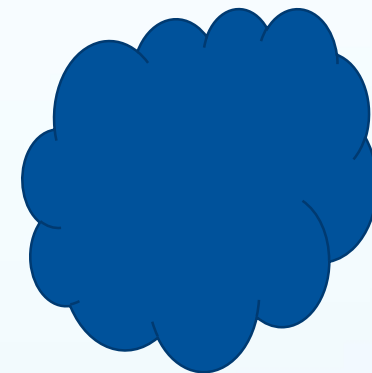
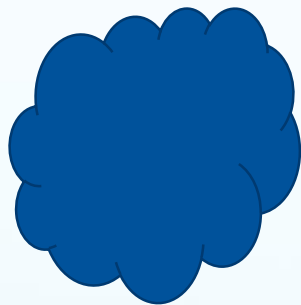
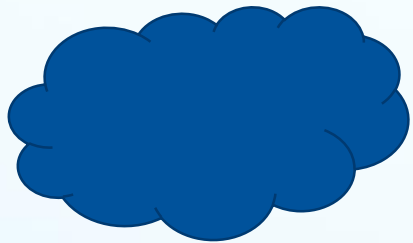


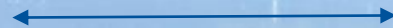
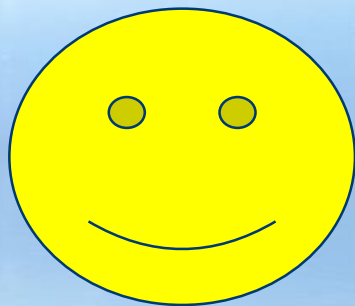
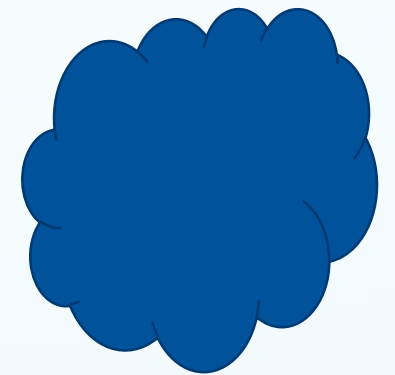
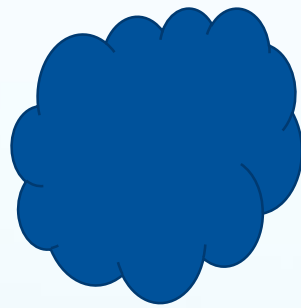
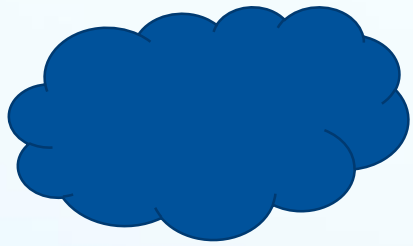
Foto: Alexander Bickov











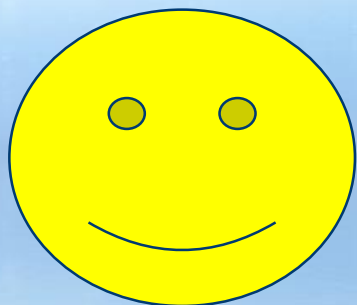
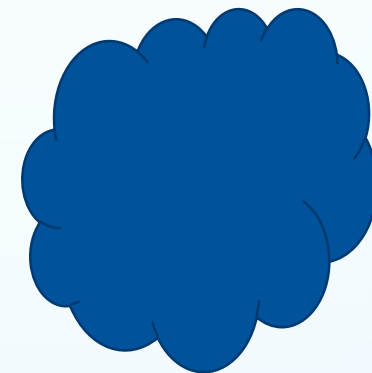
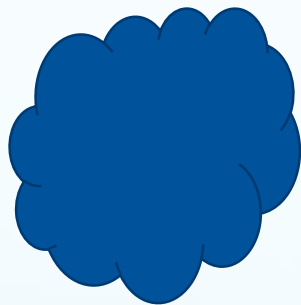
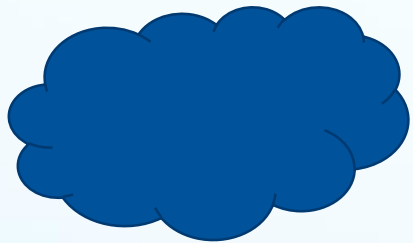


Foto: Jon Tyson

Fokus er en aktiv handling, hvor du selv er med i handlingen





Det er i kommunikasjon med andre at vi forstår oss selv

Foto: Morvanic Lee

Thank
you!