

Talking Tips for Politicians

Effective Listening and Speaking

Have you ever had trouble hearing in noise? Not sure you caught the gist of what your constituent said?

Talking Tips offers some easy and effective speaking and listening tips brought to you by your friendly neighborhood audiologists, the hearing experts!



To hear better...

- ▶ **Control the environment**
 - If possible move to a quiet area
 - Move closer to the person you're talking with
 - Move against the wall vs. standing in the middle of the room
- ▶ **Use visual cues**
 - Face the speaker or sit across from each other
 - Stay in an area with good lighting to see facial cues
- ▶ **Repeat and rephrase**
 - Repeat what you think you heard to prevent misunderstandings

To get your message across, especially with someone who might be hard of hearing...

- ▶ **Consider how you speak**
 - Slow your rate of speech
 - Do not shout
 - Speak naturally, clearly and distinctly
- ▶ **In a group of people:**
 - Take turns speaking; avoid interrupting
 - Indicate a change in speaker
 - Indicate a change in topic/repeat what was said
- ▶ **Use additional modes of communication**
 - Provide written information that can be used for later reference

May is Speech and Hearing Month – www.maymonth.ca

One in 6 Canadians has a speech, language, or hearing problem

For communication fact sheets and more information regarding the professionals who provide help and support, contact:



www.communicationnb.ca