

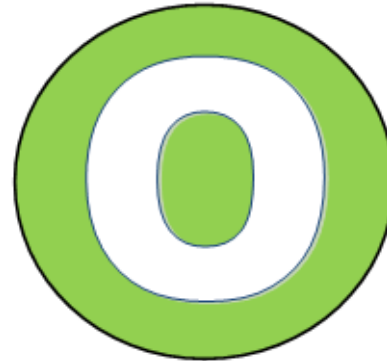
**TRACK
THE SPEAKER**

Turn your body towards the person who is speaking, so they know you value what they are saying.



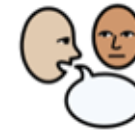
RESPECT

Listen to other people's points of view and be kind even if you don't agree. Be open to maybe changing your mind.



VOICES OFF

Turn your voice off so you can actively listen to the person who is talking, so you can respond to them thoughtfully.



CLEAR VOICE

Use a confident and clear voice so you can be understood and those people listening can then respond.