

L'écoute active



**Le processus de
l'écoute active**

**Il faut s'intéresser aux 4 étapes
du processus et questionner :**

1) Les faits

Je m'intéresse à l'action, aux événements.

2) Les émotions

Je permets à mon interlocuteur de faire le lien entre les actes, les pensées, les mots et le ressenti.

3) Les besoins

Les émotions sont toujours liées à un besoin, parfois difficile à identifier pour la personne qui s'exprime.

4) Les solutions

Laisser l'opportunité à son interlocuteur de trouver une solution par lui-même.

Le Guide Prevention Santeacute Active Conseils Dexperts

SJ Ball



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