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Your contexts

The circle of speaking and listening always takes place inside a context. The context comprises acoustics and ambient noise, and sometimes sound reinforcement equipment if you're speaking to a large group. Whether you're speaking or listening, or simply being, the sound around you affects your happiness, wellbeing – and your effectiveness in communicating and achieving things.

Context can dramatically affect your outcomes, and yet we so rarely consider it because we are so deadened to sound.

This exercise will help you to become conscious of context all the time, which is a major skill most people don't ever develop. Bellowing over 85 dB of background noise is not going to work well for a marriage proposal or an important sales pitch!

Exercise#1: Make a list of the places in which you most often speak. For each context, ask the following questions:

1. How could this place be more supportive?



2. Is moving to a different spot in the place the answer?
3. Is staying in a specific spot the solution, along with improving the acoustics by reducing the noise or upgrading the sound equipment?