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But since advocacy and activity can take many forms, there is also a question among designers where exactly to start. We are all responsible not only to witness what is happening around us, but also to play an active role in making it just the world, says Chanae Richards, CEO and chief designer of Olêrê Interiors. Design is multidisciplinary, so it's fair to customize how you turn to advocacy to match your work. Richard, who is personally involved in the fight against the eviction crisis and the lack of affordable housing, encourages his peers to ask themselves which questions mean most to them and where their skills can be most useful. I wonder what options are there? Here are six ways you can add activity and advocacy to your design practices. A volunteer for the city committee, City employees and city council members can't be experts on all issues, so they rely on residents, consultants and volunteers to bring their experience to the table, says interior designer Bonnie Limbird, who is also a city councilwoman in Prairie Village, Kansas. Depending on your interest and area of competence, consider volunteering in the planning commission or the environmental committee, the arts council or the ad hoc committee on specific projects. Most committees meet on a monthly basis, although in some cases a weekly commitment is required. Meet your state legislatorSyng about regulations that affect companies, is decided at the state level, says Limbird, so it is worth building relationships with legislators. In this way, they will remember you when there is a topic or account about which you feel passionate and want to discuss one-on-one. Chambers of Commerce, local newspapers and non-partisan organizations will often support legislative coffee, where you can get acquainted with your legislators, but you can also attend meetings of local political parties, participate in candidate forums and question and answer website, and volunteer campaigns. Legislators are always looking for volunteers to help them campaign or run their local office, says Emily Kelly, Director of Advocacy, Public Policy and Legislative Affairs at IIDA. While contact with legislators can be frightening, it's important to remember that they are just normal everyday people like you, and they want to hear from voters. Look around your neighborhoodSease and the economic impact of the pandemic have drastically added to the difficulties of many people who have already struggled, and local mutual aid groups have grown across the country in response. While many are focused on urgent needs such as access to food and medicines, there are also opportunities for designers to implement their specific skills to use. New York's nonprofit organization Design Advocates started out as a small group of friends and colleagues who were looking for ways to help COVID-19 at the time. Since then, they have set up a network that meets designers with those in need, helping local businesses, restaurants, schools and non-profit organisations respond and adapt to the crisis. One of the things that many of us had feeling at the beginning was a sense of individual helplessness, says architect Michael Chen, the president of design lawyers. The natural tendency of designers is to blind and focus on their subject matter. But these small groups have a lot of power and potential, and there are so many ways to help if you just look and look around. September 2, 2016 4 min read the opinions expressed by the businessman's co-authors are their own. Tell me, I'll forget. Show me, I remember. Add me, I'll understand. - The Chinese proverb loves to learn by doing so. Practical intelligence is just that. Life is about eternal and complex growth and evolution. Learning by doing gives me the opportunity to create new value, habits and experiences, all of which translate into a more productive and rewarding life. Related: The 4 attributes you need to create to achieve everything you want in LifePractical intelligence have recently been the subject of my global entrepreneur Facebook group (ask an invite here). Here's a short list of ways to hack your brain and exacerbate practical intelligence through unique activities.1. Learn the code. Everyone in this country should learn how to program the computer ... because it teaches you how to think. Steve Jobs once said. Coding is not only Geeks. Even if it's only How your computer works to make your work more efficient, or to add common knowledge and a great hobby to your list can bring value. Coding creates new synapses in your brain by deconstructing and analyzing problems. He also teaches you how to learn.2. Sketch.Don't worry if you're a terrible drawing, the sketch helps you learn to free your hands, helping you notice important angles and shapes, patterns and shadows. Since free transmission can be more difficult, the sketch can actually make your brain more alert because you will have to absorb more details.3. Try to escape the room. I'm obsessed with these things. I've been seven in the last five weeks. For those who do not know, the escape room is an immersive experience. You are locked in a room and must solve puzzles and clues to get out. These escape rooms teach you how to use limited resources and rely on the team. There is no preparation - every second number and every action is a learning process. Related: 10 habits that help you learn twice as fast4. Create something. Take a handmade class carpenter or any DIY building class that you find interesting. Make sure you work with your hands in the classroom. Learning to build helps push your mental limitations, and will give you the opportunity to look at resources and supplies in new ways. In the worst case scenario you end up with an additional bookshelf.5. Play video games. Video games offer stimuli that can rarely be found in real life. Select a strategy or role-playing game. Games like World of Warcraft give you the tasks you need to do with certain resources and the higher the task, the harder it is, so there are always opportunities to grow. Research shows that video games translate into improved cognitive and motor skills that help improve your overall intelligence. So go to games.6. Take a hike. Being in nature puts things into perspective, and can help you get into your creativity. I like to be in nature, whether it's the beach or the mountains. It puts me in a relaxed state that gives my brain to reveal new levels of thought and creativity. In nature, there are so many wonderful things, and being outside helps to expand the capacity of your brain, bringing life into perspective (gigantic world, small man -perspective). Related: Set your life target in 10 minutes7. Come up with something. What would make your life easier? Perhaps it's a simple device that you could use at home, or it organizes your apartment so that you get as much space as possible. You can be more inventive in understanding how to use your resources effectively or how to create new value with your inventions. They can be as simple as your phone in a cup to create an enhanced or as complex as fully automated houses. Start using your brain in an ingenious way and you'll be able to achieve more brain power for other tasks. These are just some of my Ways to build your brain into a growth machine. What's yours? Last updated: 17 March 2020 I am a huge supporter of the power of communication. Effective communication can make almost every stage of your life better. Strong communication skills will help you to work successfully in business and will have a positive impact on your personal relationships. On the other hand, poor communication can pose various challenges in all your relationships. It's a skill that can have a big impact on almost every stage of your life. While you can't immediately think of listening as the main component of communication, it really is. Half of all communication is listening. To be a really good communicator, you have to learn to really listen. I can show you how. Follow along to learn how to practice active listening, and I will share with you a step-by-step guide. Let's start with the definition of active listening. Active listening, as you might guess, means that you are actively listening to the speaker. This means really paying attention to the person as they speak to you. It is different to passive listening, which is performed in many conversations. Active listening involves using many of your feelings to listen to a person. This also means giving the person all their attention. You need to show another person that you are really listening to them, your body language will pass it on to the person who speaks to you. Think about how your ears are really hearing, your brain is thoroughly processed, and the rest of your body shows that you are completely present and engaged in what has been said. This is a good way to visualize active listening. The importance of active listening Before immersing in nuts and screws, how to practice active listening, let's first look at why active listening is important. If you agree that a good communicator will have significant benefits in all your relationships, you probably agree that listening is an important part of communication. And that's the way it is. Here are some reasons why it's worth practicing active listening whenever possible: creates mutual trust When someone sees that you're actively listening, they immediately think you care about what they say. It is well known that many of us get great satisfaction from understanding. It's one of those things that just makes us feel good. When you show someone that you are very interested in what they say, they can't help but feel like you're trying to understand them. This in turn greatly affects how much they think they can trust you. Increase self-confidence People who are well actively listening tend to have greater self-esteem and a higher image. This is because they are qualified to seek to establish and build strong, positive relationships. People who do this regularly tend to feel confident in their abilities. Less mistakes and less miscommunication As you can imagine, if you practice active listening, you actually get a lot of details and nuances that you might otherwise miss. If you're just waiting for someone to finish talking so you can open your mouth, you're paying only partial attention. And this is a real way of fire to miss some important things. When you actively listen to something, you will catch a lot of details and subtleties that you might otherwise miss. Better productivity Imagine that you are assigned a project. Now imagine that the person who appointed you to the project clearly expresses the whole project from start to finish. Then imagine that a person is actively listening to their answers and explaining all the questions you may have. As you get out of this meeting, you have a completely clear picture of what you need to deliver and how you are going to do it. Isn't that a nice feeling? Having someone actively listen to you and clearly communicate will make a difference in the world how productive you are to accomplish this project. You have a clear plan to get to your destination successfully. Less arguments Remember that one of the greatest satisfactions we all have is an understandable feeling. This is very relevant here. One of the biggest reasons why arguments tend to escalate is because of a lack of understanding. When we think someone is really listening to us, we feel much more understanding. And when we feel understood, we trust another person more and tend to argue less. It becomes much easier to achieve a good solution for everyone. Now let's look at how to practice active listening. Here are the steps to be an active listener. This list may seem a little broad and correct, it is long. Don't think about getting a checklist that you have to mark every point of how you perform it. On the contrary, it considers that this is a general guideline. If you can do most of these important conversations, you are on your way to becoming an active listener! 1. Keep eye contact you don't have to be laser-focused on someone's eyes with your own. However, you need to maintain regular eye contact with them. It's definitely more for you than for them. When you maintain regular eye contact, you are forced to pay attention to that person. It's less easier to distract. It also conveys to another person that you care enough about what has been said, that you look at them while they speak. 2. Don't Fidget Too Much To Look, Re-Organize and Get Comfortable From Time To Time Is Good. What's not good is constantly playing with a pen or picking up your phone or looking all over the place. Being fidgety gives the impression that you're not interested in what the other person says. 3. Not interrupting Now it is not a difficult and quick rule. If you need to get an explanation for a particular point, good to ask politely. What you don't want to do is break someone every second sentence to make your point. Or add your color to the conversation. What you should do is listen, not talk. 4. Watch Nonverbal Clues Much Communication Takes Place in a Nonverbal Way. This means that you can pick up a lot of what a person communicates with you through their body language rather than actual words, leaving their mouths. Keep an eye on nonverbal clues that another person gives when speaking. If they are uncomfortable, they can fidget. If they are nervous, they may not look you in the eye. These types of nonverbal cues can help you improve how the other person feels. 5. Explain and explain Sometimes when someone speaks to us, it is not as clear as we would like. When necessary, please explain again what the other person said and do not be afraid to explain. You can say things like to make sure I understand what I hear you say is is that right?. Also, saying something like so what I hear is And. This gives another person the opportunity to make sure that he tells you everything he needs. It also shows that you care enough to ask a question to make sure you understand. 6. Use some encouragers When someone finds it hard to get through everything, it's good to have some light promotion here and there to get them to continue talking or sharing more information. You don't want to rush into it, but when someone seems to be telling a story in the middle and comes to a halt, you can say something short, for example, and then either what happened next or whether Bob has an answer to that. Nothing that is going to take over the conversation, but the promotion of small pieces here and there as needed. 7. Probing It's perfectly good to probe more information when needed. Remember that your goal is not to take over the conversation, it is to actively listen to another person. Now that you think there may be more important information that hasn't come out yet, it's good to ask a few probing questions. Asking things like how it's done to make you feel or what you think is the best way to handle this situation is good ways to get the other person to share more about how they feel. This helps to better understand the situation. 8. Minimal Talking I've hinted at it many times during the step-by-step process of actively listening, but it's worth your shot point. Remember to be an active listener, you should listen. You strive to really listen and understand another person. Your role here is not to talk much. I can really be keeping my mouth closed when I have something to add. I have to deeply inhale the inside, pause and shut my mouth. Then I make sure I'm focused on who the other person is Me. Being an active listener means listening to minimal speaking. 9. To confirm going back to how we all strive to be understood, it's a good idea to endorse another person. When I say things like I understand how it would upset you and I'd probably have reacted the same way, the other person feels like you're on their side. How do you empathize with them and understand them. This will once again help to build trust in conversation and relationships. Confirming something is huge. There you have it. Step-by-step guide on how to practice active listening. Strong communication skills will help you in all relationships in your life. This includes work-life relationships. If you can develop active listening skills, you will give your communication skills a huge boost. Listening is half the total communication. Do yourself a favor and work on your active listening skills. This can have a dramatic impact on success at work and in close personal relationships. More tips to improve communication SkillsFeatured photo credit: Priscilla Du Preez via unsplash.com unsplash.com

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