

Give Me Your 3 E's

Block out distractions and focus your attention by giving the speaker your Three E's.



Eyes



Keep your eyes on the person you are talking to.



Ears



Ignore all other noise around you. If you are talking to someone, you should try to only hear what they are saying, and block everything else out.



Energy



Put all your energy into the person or task you are dealing with. Don't work on anything else or try to do two things at once.