



A Game Changer: The Simple Nod

A SAMPLE “GO FORTH” MICRO ACTION

Ready to help, but think you lack the time and resources to accomplish anything meaningful? No worries! You don't need to donate a kidney or run a grueling marathon for charity to make a real difference. In fact, some of the most powerful ways to help someone are so simple, they can easily fit into the spare moments of your day.

I was at a holiday gathering, sitting back quietly as the din of conversation picked up to a dull roar. A couple of people were chatting in earshot, or rather, one person was attempting to share a story with the another person who cut them off with, “yeah, that happened to me too...” So instead of hearing the rest of the story, I was treated to a game of storytelling one-upsmanship as each continued to cut the other off, usually mid sentence.

Lots of folks think this is a great way to show they're engaged and listening in a conversation, but the real science of conversation says otherwise. The most powerful listening tools are often completely silent, and the “Simple Nod” is the king of silent cues.

When someone is talking, especially if they seem hesitant or are struggling through a thought, their brain is subconsciously scanning your face for signs of judgment or impatience.

A slow, deliberate nod doesn't just say, “I hear you.” It says, “You have the floor; keep going.” It's a non-verbal permission slip for them to continue without fear of being interrupted, and it's one of the simplest and most effective ways to make someone truly feel heard.

And if you're looking for even more ways to be a better listener, check out “The Good and Faithful Servant,” another Go Forth initiative found here:

<https://corac.co/2025/11/19/the-good-and-faithful-servant/>