

# SOCIAL SKILLS

Here are five ways to develop your social skills.



1.

## **ASK OPEN-ENDED QUESTIONS.**

Make conversations with people in a way that they are required to answer with more than a yes or a no. Avoid small talk and show genuine interest in the person.

2.

## **CREATE A POSITIVE ENVIRONMENT.**

People love talking about themselves, but it is up to you to give them the chance. Do not speak over someone else and be a good listener. Make them feel comfortable to talk to you.

3.

## **PAY ATTENTION TO YOUR BODY LANGUAGE.**

Non-verbal communication is as important as verbal communication. Face the person you are talking to and maintain eye contact. Learn to maintain a comfortable distance from people and respect their personal space.

4.

## **TALK TO NEW PEOPLE.**

The best way to develop social skills is to talk to new people every day, learn about their experiences, and engage them in genuine conversation.

5.

## **PARTICIPATE IN SOCIAL GATHERINGS.**

Give yourself a chance to practice your social skills by becoming a literal yesman! Invite yourself to gatherings and events involving lots of people and engage in memorable conversations with as many as you can.