

## Connect better...



### **FIND COMMON GROUND**

This can feel like a daunting task when you don't know very much about the person you're talking to, but finding common ground is easier than you think. Just be on the lookout for things that the person says during the course of a casual conversation to see if it can lead to some common ground, such as a favorite sports team, band, or even the fact that you and the person both have five siblings

### **GIVE PEOPLE SINCERE COMPLIMENTS**

This means that you should find something about them that is truly admirable and make them feel good about themselves without overdoing it too much. You don't want to sound like you're sucking up, but like you're genuinely admiring them. Just giving one good compliment per conversation will do just fine.

### **FOLLOW UP ABOUT SOMETHING THE PERSON MENTIONED BEFORE**

This is a great trick for connecting with people you already know and care about. If the last time you hung out with your friend, she was talking about a big job interview coming up or about a new guy she was really excited about, then you better make sure to follow up about it when you see her next, or even to text her asking how it's going. You want people to feel like you actually care about what they tell you and that you remember it even when you're not together.

### **DON'T THANK PEOPLE**

Another way to connect with people is to take the time to really thank them. This makes them feel appreciated, like you're paying attention, and like you're aware that they're adding value to your life. Make sure people feel appreciated and be honest and open about how much they mean to you

### **MAINTAIN EYE CONTACT**

This sends a message you care, are listening and that they have your attention. It will also make any conversation easier

If you would like to speak to a Counsellor, please contact Working Life Toll Free 1300 369 072 or [mail@working-life.net](mailto:mail@working-life.net)

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