



GREET PEOPLE BY NAME

Greeting people by name is a simple yet powerful way to establish connections, show respect, and foster positive relationships in various personal and professional settings.



WATCH BODY LANGUAGE

Pay attention to body language, facial expressions, tone of voice, and other nonverbal signals to better understand how others are feeling and what they might be thinking.



TIMING IS EVERYTHING

Understanding the importance of timing in social interactions allows you to navigate conversations more effectively, respect others' boundaries, and optimize the impact of your communication.



BACK POCKET QUESTION

Having a back pocket question can enhance your communication skills, enrich your interactions with others, and help you navigate various social and professional situations more effectively.



PRACTICE ART OF LISTENING

Pay close attention to what others are saying without interrupting or judging. Show empathy by acknowledging their feelings and perspectives.



BE MINDFUL OF CULTURAL DIFFERENCES

Respect and appreciate diversity by recognizing and understanding cultural differences in communication styles, customs, and norms.



Seek Whole Picture

Try to see situations from multiple viewpoints to gain a broader understanding of complex social dynamics and conflicts.



SEEK FEEDBACK

Be open to feedback from others about your social interactions and communication style. Reflect on constructive feedback to improve your social awareness and interpersonal skills.



BE AWARE OF SOCIAL CONTEXTS

Consider the social context and dynamics of different situations, including group dynamics, power dynamics, and social hierarchies, to navigate them effectively.

