

Improve Your Communication Skills



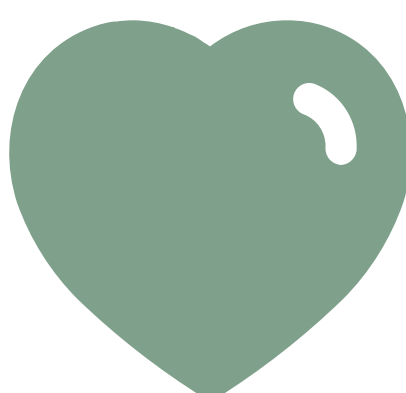
1



Active Listening

Truly listening to someone, then repeating the main point of conversation.

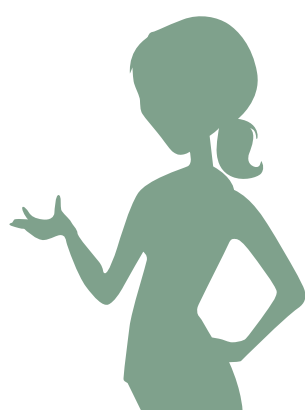
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Practice Empathy

To understand the feelings of the speaker and others.

3



Non-verbal Communication

Gestures, facial expressions, posture, eye contact, touch, and tone of voice.

4



Step out of Your Comfort Zone

This can be terrifying, but its OK! Lets try a new place **or** talk to a different person **or** try something new.

5



Be Authentic

Means being true to yourself and expressing your thoughts and feelings without judgement or rejection.

6



Learn to Handle Rejection

It's a fact of life that we will all experience rejection at some point.