



THE ART OF CASUAL CONVERSATION

HOME WORKBOOK

1

IMPORTANCE OF CASUAL CONVERSATIONS



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When you are conversing with people you know or don't know, be aware of your ____.

____ are social animals and energy beings.

Conversations can help create new ____.

2

BEING PRESENT IN CASUAL CONVERSATIONS

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Make sure you are giving your
_____ to the person you are talking to.

_____ to what they are
saying and who they are being.

Strike a _____ with someone new, and add
a new experience to that moment or day.

3

**MAKE AMAZING
FIRST IMPRESSIONS**

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People remember the way you made them
_____ and not the _____ you actually said.

To make a great first impression, you must
bring your _____ to your energy.

An _____ smile indicates a
warm and positive personality.

4

DEALING WITH NEGATIVITY IN CONVERSATIONS

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There are many times people indulge in ____
conversations including gossip, harsh
criticism and bad mouthing.

It is a good strategy to change the ____ itself
and introduce a new positive subject.

You can choose to show ____ towards a person
and give a reasoning for that behavior.

5

OPPORTUNITIES TO PRACTISE

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All that you have learnt is of no use unless you put it into ____.

You can grow only when you get out of your ____.

Start practicing where the stakes are ____.

6

LET'S PLAY!

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Part 1

What is the importance of casual conversations?

LET'S PLAY!

Part 2

How can you maintain your presence
in the age of digital distractions?

LET'S PLAY!

Part 3

What are some conversation challenges?
How can you overcome them?

THANK YOU
AND
KEEP LEARNING!