

The Art of Casual Conversation

Nothing replaces the feeling of connecting with a person face to face. There is an energy exchange that you simply do not feel when you communicate over the phone, on a video call, in an email or through instant messaging. We are wired to be in concert with one another, so how do you cultivate this skill so the experience of conversation becomes effortless and engaging?

In this Section, we will be examining the components of making a great first impression as well as the best practices to delight everyone you meet. I am amazed by how basic these principles are and yet so many people overlook how important it is to be present to the people you interact with, to give them the gift of your attention, to avoid toxic conversations and to seek opportunities to meet new people.

Mastering the art of casual conversation is your gateway skill to creating new, meaningful relationships. It's time to get in the game.

Questions to Consider:

- How do you feel after watching TV for a few hours?
- How do you feel after playing video games?
- How do you feel after you have spent hours in front of the computer?
- How do you feel after meeting up with an old friend for lunch?
- How do you feel when you attend a concert?
- How do you feel when you collaborate with your co-workers?

Over the next few weeks, bring your awareness to how you feel when you are speaking with new people. I invite you to also observe how you feel conversing with people you know. Write down any discoveries you make. In the areas where you feel less confident, you can choose to implement the upcoming tools to develop increased confidence and awareness.