

20 sentences that will

Maximize your

Social

Intelligence

- 7 slides

1. To solve an issue quickly, be soft in person and hard on the problem.
2. Pretend everyone was sent to teach you something.
3. Pause in speaking + eye contact = confidence.
4. Make people feel important with SHR method - Seen, Heard, Remember

5. A person's favorite sound is their name, remember it.

6. Praise publicly, criticize privately.
- Warren Buffet

7. To give feedback, first make the other person feel you care about them.

8. “Unspoken expectations are premeditated resentments.” - Neil Strauss

9. The best networking strategy is a “helping others first” strategy.

10. Loneliness is a silent pandemic; assume people want to meet you.

11. Practice going first.
Example - “Hi, My name is Cesar!”.

12. Build the habit of responding with “Yes, and” because it adds to their idea.

13. Avoid complaining or gossiping
(nobody likes to hear it).

14. Storytelling is a superpower, use a
structure like setup, tension and
resolution.

15. Every dog has its day. That is because
dogs are loyal. (Look up the meaning).

16. “The quality of your relationships
determines the quality of your life.

- Esther Perel

17. To discover blind spots, build an inner circle that will give you honest feedback.

18. Normalize “I don’t know anything about that yet,” as a good answer.

19. Record and study your speaking like an athlete watching game film.

20. “Great leaders create more leaders, not followers.” - Roy T. Bennett

Mastering social intelligence is crucial for personal and professional success.

It enhances your ability to connect with others, build trust, and create collaborative environments.

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