



WithinU Life Coaching
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TIP SHEET



www.withinlifecoaching.com

Starting Conversations with People

Show you're interested in what other people do and think.

If you've recently been introduced to someone, or you see people you know, go up to them and start a conversation.

Starting a conversation with someone new:

Be curious, can help you start the conversation. What is it you would like to know about them? Say hi, ask for their name, where do they live, are they have a nice time, and then let them know that you enjoyed meeting them. You might say something like, “hopefully I will see you again soon” or “nice to meet you”. ~

Improve your social skills with Practice talk to people you know

If you see someone you know, go over and see what's going on with them. Ask what they've been up to lately, the more you do it the more comfortable it will become. And Don't be afraid to be positive and encouraging. If you think that someone is good at something then tell them. If someone looks nice, then say you think so. If you think someone is funny, let them know. If someone does something nice, then it is nice to thank them.

If someone is trying to talk to you, make an effort to talk with them. If you don't have time you might say “ I'm sorry I can't talk right know but maybe some other time would be nice” or “can we talk later”?

PRACTICE ~ PRACTICE ~ PRACTICE



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