

SOCIAL SKILLS

How to Overcome Shyness

Greet people in a friendly way, give genuine compliments and talk about things you are both interested in.

How to Give Compliments

Pick something to compliment
Look at the person you are complimenting
Say the compliment in a sincere voice

How to Receive Compliments

Thank the person who gave you the compliment
If warranted, give a compliment back

Conversation Tips

Show interest- make eye contact, smile and be yourself
Start with a greeting
Offer sincere compliments
Add something personal
Ask open-ended questions
Point out what you may have in common
Ensure a balance of talk time

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